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Family Shines in the Spotlight

Miss America contestant is daughter of Fort Jackson civilian.

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Sights Set on 2008 Olympics

Eight Soldiers are vying for a spot on the Airgun Shooting Team.

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The Fort Jackson Leader

Thursday, January 24, 2008

Published for the Fort Jackson/Columbia, S.C. Community

www.fortjacksonleader.com

Army values come into play in crash

Mike A. Glasch
Leader Staff

When Pvt. Billy Phillips, Company A, 3rd Battalion, 60th Infantry Regiment, was returning to Fort Jackson from Block Leave Jan. 2 to complete Basic Combat Training, he never expected to be living out the Army core values he was taught during his first four weeks of training.

Earlier that morning he boarded a bus in Richmond, Va., to make the trip back to South Carolina. A couple of hours later, just after the bus passed through Henderson, N.C., Phillips and the rest of the passengers were jolted out of their seats.

"I had been awake for about five minutes when I noticed that we were drifting from the right-hand lane to the left lane where a tractor-trailer had stopped, waiting to make a turn," Phillips said.

According to reports from the North Carolina State Highway Patrol, the bus hit the truck, ran off the road, went down an embankment and then rolled onto its side.

"When the bus hit, it threw everyone forward," Phillips recalled. "The little girl sitting next to me got thrown forward then came out of her seat because the bus kind of hopped up. When she was thrown, she landed on me, so I wrapped my arms around her and tried to cover her up as much as possible so she wouldn't get hurt."

When the bus came to a halt, it was on its left side. Phillips said he ended up laying against the window, the little girl still in his arms as debris was falling on them.

"At that point I looked up and noticed the emergency

See **Values** Page 3

Due to the recent inclement weather, Family Day festivities on Thursday and Graduation on Friday will be held indoors at the MG Robert B. Solomon Center. Graduation for Companies A and B, 2nd Battalion, 39th Infantry Regiment will begin at 10 a.m., Friday with Co. E, 2nd Bn., 60th Inf. Reg. beginning at 11 a.m.

It takes teamwork to complete a mission



Photo by U.S. Air Force Senior Airman Micky M. Bazaldua

Basic Combat Training Soldiers participate in the Teamwork Development Course by completing obstacles and missions Jan. 15. The TDC is a course which will help build trust among the Soldiers, assisting them in working as a cohesive team while overcoming fears and anxieties.

Clarified political involvement, restrictions

Chris Rasmussen
Leader Staff

In the "Federal Law restricts federal employees', Soldiers' acceptable political involvement" article on Page 3 of the Jan. 10 *Leader*, the prohibitions listed concerning Army civilians and Soldiers need to be clarified. According to federal and Army regulations:

— Army civilians may express opinions on non-partisan political subjects to include participating in non-partisan civic, community, social, labor or professional organizations; participate in political conventions, rallies or other gatherings; contribute money to political organizations and being a guest at a political fundraiser;

and participate in elections.

Civilians may also actively participate in political campaigns to include the following activities:

— Displaying political pictures, signs, stickers, buttons, but not while on duty, in a government office, or on a government vehicle; Endorsing or opposing partisan candidates in political advertisements, broadcasts or campaign literature; Attending and addressing a political convention, caucus, or rally on behalf of a candidate.

— Service members on full-time duty in the active military service of the United States, including full-time or annual training duty, or attendance while in the active military service at a service school are con-

sidered active duty and thus must adhere to strict guidelines concerning political activities. Service members on active duty are permitted to engage in the following political activities:

— Participating in local nonpartisan political activities (activities that do not support or relate to candidates or issues identified with national or state political parties), so long as the service member is not in uniform and the activity does not require government property or resources, interfere with duty or imply government involvement;

— Registering to vote, voting and pro-

See **Politics** Page 4

OPINION — EDITORIAL

Ask the Garrison Commander

Cause of hangovers; where to watch the Super Bowl

Q What causes hangovers?

A Hangovers occur because the liver can't do its job of keeping the body's blood sugar level regulated while it's trying to rid the body of alcohol. A hangover is a toxic hypoglycemic attack brought about by drinking too much alcohol.

Q Where on post can I watch the Super Bowl this year?

A Family Morale, Welfare and Recreation will host two Super Bowl parties Feb. 3 — one at the NCO Club and another at Magruder's Pub.



Col. Dixon

If you want to get the best view of the game, visit the NCO Club where there will be two huge screens with surround sound and several other large screens throughout the ballroom.

Magruder's Pub will feature large screens in both areas of the club. Door prizes will be given away after the game at both facilities and food and beverages will be available for purchase.

Doors open at 4 p.m.

Focus Group, a recommendation was made to create a day-time social group through MWR for surviving spouses because there is no social group for these individuals and social interaction.

Fellowship and information exchange is vital to the well-being of these spouses. As a result of this recommendation, MWR started hosting a Surviving Spouses Luncheon quarterly.

The next luncheon will be 11:30 a.m., April 22 at the NCO Club. Lunch buffet costs \$7.50 and can be paid at the door. Community topics will be discussed. If you are interested in attending, please call 751-5444.

Garrison Fact of the Week

In the Oct. 25 Community First Surviving Spouses

To submit questions to "Ask the Garrison Commander," call 751-2842, or e-mail nahrwolds@jackson.army.mil.

We might be short sighted, but hindsight's 20/20

Jacey Eckhart
CinChouse.com

The optometrist told me that the first sign of presbyopia is the need to hold reading material at arm's length. He called it "long arm syndrome." I called it my trombone impression, squinting and moving my paperback or newspaper or medicine bottle back and forth until I could read the type.

"Welcome to your 40s," the guy said, sending me out to try dozens of frames.

I didn't mind that much. I wasn't upset about getting the glasses. They didn't make me feel old or anything.

It was only when I got home and found that I'd bought exactly the same glasses I had in the second grade that I got upset. Same shape. Same tortoiseshell frame. Same sudden emphasis on the downturn of my mouth.

See, the last time I picked these glasses, I didn't actually need glasses. That was the year my dad was doing an overseas tour at the end of the Vietnam War. I don't remember worrying that my father was in any danger. My mother kept up with all the routines she had always

had. It was a dark year anyway.

I told my mother I had headaches, but wouldn't take aspirin. I complained that the letters of my books were too blurry to read, then hid in the closet to read Nancy Drew by the light of the crack under the door. I insisted that I needed glasses.

I cringe to think about it. That was also the year I thought a unicycle was a good idea. Or that I should get an exotic pet like a baby tiger or a frog that could talk. I was sure I should start carrying a puppet everywhere I went or maybe I could get a marionette that people would think was real.

I was a weird kid. I was also a weird kid who had a feeling that she was missing something. Now, of course, I can see pretty clearly that I was missing someone. It just didn't feel like that at the time.

Instead it felt like I needed glasses. I lost those glasses after a month. I think they were replaced by a puppet.

Every time I put on these new glasses, I feel so sorry for my mother. Not just because she struggled to pay for those glasses, but because she didn't know what to do with me. Was I just her weird sec-

ond grader doing weird second grader things, or was this part of the deployment? Was this some canary signal from the war that she should deal with immediately or a nothing she should ignore?

As military parents, I think we can be pretty sure of ourselves when it comes to babies and toddlers and preschoolers. As long as we keep their routines, they can weather a deployment.

Our teens have plenty of ways they can let us know exactly how they feel about a parent's absence.

But those 6- to 11-year olds are tricky. Their reactions can come out in weird ways. A friend's second grader put up a shrine when her dad went to Iraq-pictures, mementos, flowers.

A Marine wife told me that her kindergarten suddenly could not stop talking at bedtime once her dad deployed. The little girl stayed up for hours talking and talking in her room.

During a deployment when my own son was in the second grade, he woke up one morning, walked out on the front porch and performed his daily ablutions into the bushes-in front of the whole bus

stop. It's a funny family story now, but then he was my weird second grader doing a weird thing that might or might not mean something bad about the deployment.

As a parent, I remember hoping it was nothing, worrying that it was not.

When military spouses come to me with these stories now, I send them straight to Military OneSource (1-800-342-9647), a program provided by the Department of Defense that hooks up military families with counselors by phone 24/7.

It's always good to chat with a professional when you feel out of your depth.

But I also think that sometimes during deployment we have to do our own version of "long arm syndrome."

We have to look at the behavior of our kids at various lengths until we can read it clearly. It isn't ever comfortable. It isn't ever really clear. Until someone looks at it again years later with the unflinching clarity of hindsight.

Editor's Note: A 19-year military spouse, Jacey Eckhart is a nationally syndicated columnist with CinChouse.com.

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Tax Center open, accepting appointments



Photo by Heath Hamacher

Pvt. Jennifer Miles, volunteer tax preparer, cuts the ribbon for the Fort Jackson Tax Center 2008 grand opening while Brig. Gen. James H. Schwitters, Fort Jackson commanding general, looks on. The Tax Center is located at Building 2441, near the corner of Supply Road and Essayons Way. Initially, it will be open from 9 a.m. to 7 p.m., but the hours are subject to change. Authorized patrons — service members, retirees and their family members — can call 751-JTAX for more information or to schedule an appointment.

Values *(continued from Page 1)*

hatch open. One of the two Marines on the bus with us had already made his way out,” Phillips said. “I handed him the girl and then started helping the other Marine get people out. I wanted to get these people out. I knew that the longer they remained in the bus the more hectic and panicked they would become.”

“I just wanted to make sure everyone else was okay before I was OK,” he said. “The whole time I just kept remembering the seven values. The one that stuck out in my mind was selfless service — not worrying about myself, but just taking care of everyone else.”

According to the North Carolina State Police, the official crash investigation is not complete.

“About the time we broke the North Carolina border I could feel the bus starting to sway, making jerky movements,” Phillips said.

Two people, including the driver of the bus, were critically injured. More than 40 other passengers suffered a variety of injuries, including Phillips who had lacerations to his face and pain in his back.

But, Phillips doesn’t consider himself a hero.

Phillips’ drill sergeant, Staff Sgt. Jeff Lena, said Phillips’ actions shows a lot about his character.

“He did what a Soldier should do, what we expect him to do,” Lena said. “That’s his job now — to take care of people who can’t take care of themselves, to help people in need. He was admirable. He was hurting; he did it when he didn’t have to.”

Michael.Glasch@jackson.army.mil

“I knew that the longer they remained in the bus the more hectic and panicked they would become.”

Pvt. Billy Phillips



Photo by Mike A. Glasch

Pvt. Billy Phillips, Company A, 3rd Battalion, 60th Infantry Regiment, fills magazines at Range 9 as his company undergoes basic rifle marksmanship. Phillips was a passenger on a bus that crashed as he was returning from Block Leave Jan. 2. Despite being injured, Phillips was one of three service members who helped evacuate the rest of the injured passengers from the wreck.

Around Post

Reassignment Briefing

A Reassignment Briefing will be held 1:30 p.m, Wednesday at the Strom Thurmond Building, Room 213. The Phase II briefing (for overseas assignments only) will be held immediately following the Phase I briefing and is mandatory for all Soldiers scheduled to PCS overseas. For more information, call 751-5578.

Family Readiness Group Forum

A forum for all registered FRG leaders will be held from 10 a.m. to noon, Jan. 31 at Building 2179, Sumter Avenue, Room A-12. Registration is required by Jan. 17. For more information and to register, call 751-7489 or e-mail *Patricia.Guillory@jackson.army.mil*.

FCC Recruiting Providers

The Family Child Care Program is recruiting military spouses who live in government quarters, and certified off-post individuals to be Family Child Care providers. The next FCC training will be held from 8 a.m. to 4 p.m., Feb. 11-14 at the Joe E. Mann Building, 3392 Magruder Ave. Applicants must apply by Feb. 1. For additional information, call 751-6234.

AG Regimental Breakfast

The Fort Jackson Adjutant General Regimental Association is holding a breakfast 7:15-8:30 a.m., Feb. 6 at the NCO Club. The guest speaker is Command Sgt. Maj. Andre Douglas. For more information, call 751-3012.

Richland School Districts' school choice programs info

Ruth Russell
Fort Jackson School Liaison Officer

This chart clarifies the different school choice programs offered by Richland School Districts One and Two.

See page 15 for the chart listing the dates of information briefings throughout the school district. For more information, call 751-6150 or visit online at *www.richlandone.org* or *www.richland2.org*.

Richland District ONE
www.richlandone.org

Transfer Options

Applications are submitted to the district registrar beginning April 15 for the upcoming year. Applications are based on child care or other extenuating circumstances. Applications are also accepted for severe hardship cause anytime during the school year. Applications available for download at the district Web site. Link to departments and then student registrar. Parents must provide transportation.

Magnets

Apply at each individual magnet school. Information available on the district and school Web sites. Due dates vary.

- Richland One Middle College — this tech school for grades 11 & 12 gives students hands on experiences and the chance to gain free college credit while still in high school. Application due to school Feb. 1. Web site is *www.romc.rcsd1.org*. Open to students in other districts as well!
- Carolina School for Inquiry — elementary age students. Applications due Feb. 15. Web site is *www.carolinaschool-forinquiry.com*
- New Montessori Program in four schools: Caughman Road Elementary School, Gadsden Elementary School, Brockman Elementary School and Logan Elementary School. Applications due by Feb. 15. Informative meetings at the schools during January. Visit *www.richlandone.org* for details.
- Charter School — Midlands Math and Business Academy for fourth through eighth grades. Rolling applications — contact school at 799-5101.

Richland District TWO
www.richland2.org

Expanded Choice

Parents can choose which school their child attends for the upcoming year. Applications can be submitted online until 5 p.m., Feb. 8. Students are selected through a random lottery. Soldiers arriving to Fort Jackson after the cut off date may apply up until the first day of school on a space available basis. Videos of schools available on school Web site. Parents must provide transportation.

Magnets

Magnet programs offer students unique opportunities to delve deeply into an area that interests them. Applications are online with some programs requiring auditions, interviews or other documentation as well. Twenty-two different magnet programs in elementary through high school are available. Students can choose from performing arts, medicine, media, business and many more magnets. Go to Web site to view videos of magnets.

Politics (continued from Page 1)

moting other military members to exercise their voting rights, so long as such encouragement does not constitute an attempt to interfere or influence the outcome of the election;

— Expressing personal opinions to include writing letters to the editor communicating personal views, but not as a representative of the Armed Forces. Comments should be attributed to the service member in his/her individual capacity, and should not be ascribed to the Armed Forces by use of military rank or position. Letters to the editor cannot be part of an organized letter-writing campaign or a solicitation of

votes for or against a political party, partisan political cause or candidate.

Commissioned officers must be mindful of Article 88 of the Uniformed Code of Military Justice, which makes it a punitive offense to use contemptuous words against the president, vice president, Congress, the Secretary of Defense or the secretary of a military department.

Using such language in a written publication or uttering these words in the presence of military subordinates aggravates the offense;

— Making monetary contributions to a political organization, party or committee;

— Signing petitions for specific legislative action or placing a candidate's name on the ballot, if the signing is done as a private citizen and not as a representative of the Armed Forces.

— Displaying a bumper sticker on the member's private vehicle, but not a large poster or banner.

— Joining a political club and attending partisan and nonpartisan political meetings and rallies as a spectator. Service members may not attend when in military uniform, during duty hours or when violence is likely to result or the activities would constitute a breach of law and order.

Customer Service Corner

ICE keeps improving customer service

Christina Garza

Community FIRST Coordinator

The DoD Interactive Customer Evaluation system continues to shape the future of customer service through technology.

The interactive Web site allows customers to submit direct and immediate feedback to facility managers about their products and services.

Since October 2007, ICE has maintained a customer satisfaction rating of 95 percent across Fort Jackson with more than 10,000 card submissions.

With just the click of a mouse, the system sends comments, suggestions, complaints or compliments directly to the appropriate service provider manager for action.

If a respondent includes a phone number or an e-mail address, a manager will contact the respondent directly with a reply, if requested. Respondents may also remain anonymous. The system automatically defaults to the generic ICE site IP address and cannot be traced to a particular person. The most important concern is to find out what Fort Jackson can do to improve the quality of life for the community.

Log on to <http://ice.disa.mil/> and click "Army CONUS," then click "Fort Jackson." The site can also be accessed using the Fort Jackson Web site at <http://www.jackson.army.mil/>. Click on the ICE logo.

Choose the appropriate category from the list and click on the info icon to see the service provider information such as hours of operation, phone numbers and upcoming events. Click on the service provider link to access the customer comment card and submit comments.

Service provider managers will use the feedback to continuously review, improve and provide the highest quality service possible. The system automatically calculates the customer service rating each week and reports trend data as well.

These reports are provided to the garrison command and supervisors responsible for each service provider area.

ICE is sponsored by the Office of the Secretary of Defense Quality Management Office and is part of the Fort Jackson Customer Management Services. The primary purpose of ICE is to improve customer service; give the leadership timely information about service quality; and to improve the speed, quality and quantity of feedback from customers.

Customer input can relate to health, housing, recreation, family programs, shopping, administration, dining, communications, safety and security and travel and transportation. ICE provides another avenue for customers to voice their opinion on what they like, what they dislike, and to suggest improvements to facility managers.

If you have questions concerning the ICE system, contact ICE site administrator for Fort Jackson at 751-5547/3425 or by e-mail at ice@jackson.army.mil.

ICE Appreciation

The garrison would like to congratulate Moncrief Army Community Hospital, specifically the Dermatology Clinic and the Gastroenterology Clinic. They have achieved a 4.93 and a 4.97 rating, respectively, in employee/staff attitude out of a possible 5.0, for a 12-week period. This is an outstanding performance in customer satisfaction. Keep up the good work.

A tip of the campaign hat to this week's ...

Drill Sergeants of the Cycle

"Victory Starts Here"

from the "No Ground to Give" Brigade



Sgt. 1st Class Michael Riley
Company A,
3rd Battalion,
13th Infantry
Regiment



Sgt. 1st Class Michael Smith
Company D,
3rd Battalion,
13th Infantry
Regiment



Sgt. Francisco Pagan
Company E,
3rd Battalion,
13th Infantry
Regiment



Staff Sgt. Dwight Wallace
Company F,
2nd Battalion,
60th Infantry
Regiment

What you do right now changes everything

Sharpen your Edge through Composite Risk Management, CRM

<https://crc.army.mil>

own the EDGE
Composite Risk Management

U.S. ARMY
U.S. ARMY COMBAT READINESS CENTER

93 Number of weeks without a motor vehicle fatality at Fort Jackson.

Did you know?

- Gen. Douglas McArthur was born Jan. 26, 1880, in Little Rock, Ark.
- United States Coast Guard established, Jan. 28, 1915.
- Space shuttle Challenger exploded, Jan. 28, 1986.
- Tet Offensive began, 1968.
- Vice President Dick Cheney was born Jan. 30, 1941, in Lincoln, Neb.

Contestant's dad: I didn't know she could sing

Chris Rasmussen
Leader Staff

There will be one Miss America viewer this weekend who's hoping that victory started at Fort Jacksn.

Crystal Alicia Garrett, who was raised on the installation and whose father works here, will represent South Carolina in the 2008 Miss America Pageant in Las Vegas.

Her father, Daniel Garrett, an employee with Fort Jackson's Plans, Analysis and Integration Office and a retired Soldier, is the father of Miss South Carolina, who is competing for the title 8 p.m., Saturday on TLC.

"This is an opportunity of a lifetime for Crystal, which makes our family extremely proud," he said. "She entered her first pageant in high school and has been at it ever since."

Despite his unconditional support for Crystal, one of three daughters, Garrett was a bit skeptical when she first announced her dreams to be a beauty pageant contestant.

"One of the first questions I asked her is, 'Don't you have to have a talent?'" he said. "She said, 'Yes, singing.'"

"Well, I had never heard her sing before other than coming from the shower or when we had to tell the kids to quiet down," Garrett said. "But she sang for us right there. We knew there was something there."

Although Crystal has suffered from asthma since she was 3 years old, Garrett said you cannot tell from the sound of her powerful singing voice.

Crystal, 21, who attended Fort Jackson's Hood Street Elementary School, Ridge View High School in Columbia and the University of South Carolina, was born at Fort Bragg, N.C., and moved to Fort Jackson when her father was assigned to the Drill Sergeant School.

Her platform for this week's pageant is P.E.A.K.: Preparing Empowered Asthmatic Kids. Crystal received the 2003 and 2006 President's Community Service Award from President Bush and won the Columbia Urban League's 2004 Talented Youth Award. She is also the 2006 WACH Fox 57's Palmetto Idol.

The beauty contestant's future ambitions, besides being crowned Miss America on Saturday night, is to obtain a master's degree in vocal performance from the Julliard School of Music and become a professional vocal artist and performer.

Garrett, who retired from the Army eight years ago, has worked at PAIO for two years. In addition to being an instructor at the Drill Sergeant School, he also was a first sergeant at Fort Jackson's Noncommissioned Officer Academy.

Crystal has also proven to be an inspiration and mentor to her sister Danielle, 16.

"My youngest daughter is following in Crystal's footsteps and entering pageants," he said. "Crystal is being a positive role model for her younger sister. What more could a father ask for?"

Chris.Rasmussen@jackson.army.mil



Photo by Chris Rasmussen

Daniel Garrett, Fort Jackson Plans, Analysis and Integration Office, says he is proud of his daughter, Crystal Alicia Garrett, who will be competing in the Miss America Pageant in Las Vegas Saturday on TLC.

MWR

SKIES program offers new youth cooking classes

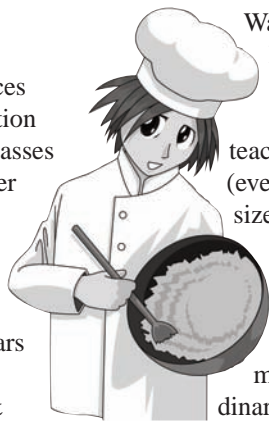
Theresa O'Hagan

Morale, Welfare and Recreation

Beginning Feb. 5, Child and Youth Services Schools of Knowledge, Inspiration, Exploration and Skills program will offer two cooking classes for children and teens to help banish that after school "what can I eat because I'm starved" feeling and teach some valuable life skills to boot.

Classes will be taught by Louise Smith, the newest SKIES instructor, who has 12 years experience in culinary arts.

Smith attended the prestigious Johnson &



Wales University as a culinary major, where she learned the fundamentals of ancient and modern day cooking.

The new SKIES cooking classes will not only teach children and teens important survival skills (everyone has to eat, right?), they will also emphasize the importance of good nutrition.

Healthy eating does not have to mean unexciting stuff like lettuce leaves and carrot sticks.

"Not only is it necessary to eat and maintain a healthy diet, with culinary skills you can make what seems boring into something extraordinary," Smith said.

Smith is excited to be working with children and doing something she loves.

"I enjoy being a culinary professional and I want to inspire others to develop a love for cooking," Smith said.

"Young Chefs" for children between 8 and 12 years old will be offered 5-7 p.m., Tuesdays and "Cooking Survival Skills" for teens between 13 and 18 years old will be offered 5-7 p.m., Thursdays.

Registrations will be taken at the CYS Central Enrollment Office, Joe E. Mann Building, 3392 Magruder Ave. Classes will be held in eight-week sessions and cost \$100 payable in two installments of \$50 a month. For more information, call 751-6777 or 751-3053.



Today

Southern Style Lunch Buffet, from 11 a.m. to 2 p.m. at the Officers' Club. The buffet is open to everyone.

Bright SKIES Academy is having a **clothes drive** for Carolina Children's Home. New clothing for teenagers can be dropped off with Beverly Metcalfe or Robin Bixler at the Joe E. Mann Building or at regularly scheduled SKIES classes. No socks, underwear, T-shirts, laundry baskets and hoodies in adult sizes are accepted.

Friday

Play **Victory Bingo** and win prizes up to \$15,000. There are guaranteed \$50 payouts.

Dance to a variety of music at **Magraders Club** from 9 p.m. to 3 a.m. The club is located in the back of Magraders Pub and the cover charge is \$3 for military and \$5 for civilians.

Artistic Expression with Jake begins

at 6:30 p.m. at the Youth Center Teen Room.

First quarter **Helping Hand Award nominations** are due. For more information and to request a nomination form, e-mail baileym@jackson.army.mil.

Saturday

Step Team practice begins at 2 p.m. at the Youth Center Dance Room.

The NCO Club presents **Classic Soul Saturday** from 9:30 p.m. to 2 a.m. in the Excalibur Room. The cover charge is \$3 for military and \$5 for civilians. Live broadcasts from the BIG DM 101.3 with giveaways are 9:30-11 p.m.

Sunday

Play **Victory Bingo** 12:30-4:30 p.m.

Come out to **Brunch** from 11 a.m. to 2 p.m. at the Officers' Club.

Family Day at the Youth Center will be held 2-6 p.m.

Monday

The NCO Club presents a **full lunch buffet** featuring fried chicken or fish, fresh vegetables, a full salad bar, soup, assorted desserts and a beverage from 11

a.m. to 1:15 p.m. for \$7.

Tuesday

Movie Night begins at 6 p.m. at the Youth Center in the Teen Room.

Enjoy **free movies** every Tuesday at Magraders Pub.

Wednesday

Be a sensation with **Karaoke** at **Magraders Club** at 7:30 p.m. The cover charge is \$3 for military and \$5 for civilians.

Ongoing Offers

- The **NCO Club lunch buffet** is served from 11 a.m. to 1:15 p.m., daily. The cost is \$7 for adults and \$3.75 for children.

- The **NCO Club breakfast** is served 6-9 a.m., Monday through Friday. The cost for adults is \$7 and \$3.75 for children 4-10 years old.

- The **Officers' Club specializes in catering** wedding receptions, anniversaries, promotions and other special occasions.

- The **NCO Club caters** to all your needs: dining in, dining out, promotions,

breakfasts, meetings, birthdays, weddings, graduations, retirements and any other special occasion.

- **Victory Travel** has special offers for a variety of dinner shows and attractions. Some require reservations. Stop by Victory Travel in the MG Robert B. Solomon Center for more information on discounts.

- Enjoy resort accommodations for two to six people for less than you would pay for most hotels with the **Armed Forces Vacation Club**.

For details and samples of resort availability, call the reservation center at (800) 724-9988. Be sure to tell them you are a first-time Armed Forces Vacation Caller. A vacation counselor will take your enrollment and help you find an available resort. Fort Jackson is Installation No. 164.

- **Child care** fees are based on total family income (not rank or grade). Care during duty hours is work-related, so fees are based on a family's ability to pay a fair share. The Army makes no profit, but funds the difference in what is paid and the actual cost of child care. Call 751-4865 for information.

Ask the MEDDAC commander

Reduce cholesterol levels for a healthy heart



Col. James Mundy

Q Why is cholesterol important?

A Your blood cholesterol level has a lot to do with your chances of getting heart disease. High blood cholesterol is one of the major risk factors for heart disease.

A risk factor is a condition that increases the chance of getting a disease. In fact, the higher your blood cholesterol level, the greater your risk for developing heart disease or having a heart attack.

Heart disease is the number one killer of women and men in the United States. Each year, more than a million Americans have heart attacks, and about half a million people die from heart disease.

Q How does cholesterol cause heart disease?

A When there is too much cholesterol (a fat-like substance) in your blood, it builds up in the walls of your arteries. Over time, this buildup causes “hardening of the arteries” so that arteries become narrowed and blood flow to the heart is slowed down or blocked.

The blood carries oxygen to the heart,

and if enough blood and oxygen cannot reach your heart, you may suffer chest pain.

If the blood supply to a portion of the heart is completely cut off by a blockage, the result is a heart attack.

High blood cholesterol itself does not cause symptoms, so many people are unaware that their cholesterol level is too high.

It is important to find out what your cholesterol numbers are. Lowering cholesterol levels which are too high reduces the risk for developing heart disease and reduces the chance of a heart attack or dying of pre-existing heart disease.

Maintaining cholesterol at a healthy level is important for everyone — younger, middle age, and older adults; women and men; and people with or without heart disease.

Q What do cholesterol numbers mean?

A Everyone age 35 and older should have his or her cholesterol measured at least once every five years.

It is best to have a blood test called a “lipoprotein profile” to find out your cholesterol numbers. This blood test gives you information about your total cholesterol, LDL (bad) cholesterol, HDL (good) cholesterol and triglycerides.

Your total cholesterol should be less

than 200 and LDL less than 100. HDL cholesterol protects against heart disease, so for HDL, higher numbers are better.

A level less than 40 mg/dL is low and is considered a major risk factor because it increases your risk for developing heart disease. HDL levels of 60 mg/dL or more help to lower your risk for heart disease.

Q What affects cholesterol levels?

A A variety of things can affect cholesterol levels. These are things you can do something about: diet, weight and physical activity. Things you cannot do anything about also can affect cholesterol levels. These include age, gender and heredity.

Q How can I determine the risk of developing heart disease or having a heart attack?

A In general, the higher your LDL level and the more risk factors you have (other than LDL), the greater your chances of developing heart disease or having a heart attack.

Some people are at high risk for a heart attack because they already have heart disease. Other people are at high risk for developing heart disease because they have diabetes (which is a strong risk factor) or a

combination of risk factors for heart disease.

Major risk factors affecting your LDL goal include cigarette smoking, high blood pressure, low HDL cholesterol (less than 40), family history of early heart disease and age (men 45 or older, women 55 or older).

Even though obesity and physical inactivity are not generally listed, they are conditions that need to be corrected.

Q What can I do about my cholesterol if it is high?

A Many people try very hard to eat healthy and exercise, yet never get the desired results.

It is really important to realize that the nature of some people’s problem with cholesterol is not with what they eat, but the fact that their bodies make too much cholesterol, especially the bad cholesterol (LDL).

When lifestyle changes do not result in the desired goal, it may be necessary to use medications.

Empower yourself. Learn your cholesterol numbers and take steps to protect your heart and life.

To submit questions to the Ask the MEDDAC or DENTAC commander, e-mail Nicole.Riley@amedd.army.mil or call 751-2291.

Program for wounded warriors

TRICARE Management Activity Staff Report

FALLS CHURCH, Va. — Navigating the Military Health System is getting easier for wounded warriors and their families thanks to a new advocacy unit in TRICARE’s Southern Region. The Warrior Navigation and Assistance Program provides guidance to active duty and Guard and Reserve service members as they transition through the Military Health System.

Established by Humana Military Healthcare Services, the managed care support contractor for TRICARE’s Southern Region, the WNAAP offers one-on-one assistance with many unique health care challenges service members may face.

Issues include access to care; or simply the need for information on all available resources — be it the MHS, veterans affairs or other community assets.

“This is the kind of program that is a great enhancement to ongoing efforts within the MHS to help wounded warriors and their families,” said Army Maj. Gen. Elder Granger, deputy director, TRICARE Management Activity.

A dedicated toll-free number can be used by service members transitioning through the health care system. Calling 888-4GO-WNAAP provides direct access to a multi-disciplinary team with the mission to assist service members and/or their family members.

“The military’s operational tempo, including the activation and deployment of Guard and Reserve forces,

creates special challenges for service members in transition and their loved ones,” said Dave Baker, president and chief executive officer of HMHS. “We’re here to assist these American heroes — and their families — in obtaining access to high quality health care services, and ensuring they have actionable information about the full range of their medical benefits.”

The WNAAP incorporates four elements: tools and information for service members; program management; clinical programs; and provider education and resources.

Resources on the HMHS Web site at www.humana-military.com include the “Information and Resources for Combat Veterans” brochure. Health care providers can find tools and resources addressing the unique needs of service members returning home from deployment.

Care management initiatives include behavioral health support and assistance with seamless transition for service members and families for the care they need, when they need it. There is also expanded outreach to Guard and Reserve members with transition coordinators delivering detailed TRICARE benefit education.

WNAAP services are available to those who live in the TRICARE Southern Region, which includes South Carolina, Georgia, Florida, Alabama, Mississippi, Tennessee, Oklahoma, Arkansas, Louisiana and all but the southwestern corner of Texas. Web site tools and information are available to anyone worldwide with computer access.

Pharmacies open on Saturday

On-post pharmacies will now be open Saturdays for customer convenience. The main hospital pharmacy will be open from 7:30 a.m. to noon and the refill pharmacy will be open from 9 a.m. to noon. To refill a prescription: call toll-free (866) 489-0950; call 751-2250; or visit online at <http://www.moncrief.amedd.army.mil>.

Pneumococcal vaccine

Pneumococcal disease is a serious disease, which can cause significant illness or death. The disease has become increasingly resistant to drugs such as penicillin, which emphasizes the importance of prevention through vaccination. All adults 65 and older should get pneumococcal polysaccharide vaccine (PPV). The vaccine is available at Moncrief Army Community Hospital. For more information, contact your health care provider.

Health Talks

To have a professional staff member from MEDDAC address a group on health care subjects or preventive medicine wellness check, call the health promotion coordinator at 751-5035 or the Department of Quality Management at 751-2501.

COMMUNITY HIGHLIGHTS

Have a Community Announcement?

Community submissions to the Leader should be typed, no more than 45 words, and should include: who (is affected or involved), what (it is), when (it occurs including time and date), where (it is taking place), and a why if necessary. They must be submitted to the Leader by noon, Monday. The Leader reserves the right to edit announcements for style, grammar and to fit the space. To submit an announcement to the Leader, e-mail it to FJLeader@jackson.army.mil

This Week

751-7489/7491 or e-mail Patricia.Guillory@jackson.army.mil.

Scholarship Seminar

A free seminar on federal, state and military family member scholarships and financial assistance will be held 9-11:30 a.m., Tuesday and Wednesday at the Strom Thurmond Building, Room 213.

Attendees will receive a free Financial Assistance Guide containing military scholarship information for all branches of service. For more information and to register, call 751-6153/5452.

Child Birth Education

A seminar on child birth will be held 6-7 p.m., Tuesday at a location to be determined. For more information, call 751-5256/6325.

Credit and Credit Reports

A class on credit and credit reports will be held 8:30-10:30 a.m., Wednesday at the Education Center, Room B-302.

Levy Briefing

A Levy Briefing will be held 2:30-3:30 p.m., Wednesday at the Strom Thurmond Building, Room 214. For more information, call 751-5256/6325.

Upcoming

Financial Planning for Initial PCS

A class on financial planning for Soldiers who PCS for the first time will be held 8:30-10:30 a.m., Jan. 31 at the Education Center.

For more information, call 751-5256/6325.

Leadership Panel Discussion

The ROCKS, Inc. will present a panel discussion on leadership in recognition of National Mentoring Month 11:30 a.m., Jan. 31 at the NCO Club, Party Room 1. Officers, warrant officers, NCOs and civilians are invited to attend.

For more information, call 751-5421/1898.

'Family Readiness Group Leadership Training

FRG leadership training will be held Feb. 27-29. Registration is required by Feb. 4. For child care, contact the Mobilization and Deployment Program by Wednesday. For more information, call

Play Group

A play group will be held 10-11:30 a.m., Feb. 4 at 5953C Parker Lane. For more information, call 751-5256/6325.

Employment Readiness Orientation

An employment readiness orientation will be held from 8:30 a.m. to noon, Feb. 5 at the Strom Thurmond Building, Room 213. For more information, call 751-5256/6325.

Parents Who Care (Early Childhood)

A Parents Who Care (Early Childhood) meeting will be held from 9 a.m. to 2 p.m., Feb. 5 at the Strom Thurmond Building, CPAC conference room. For more information, call 751-4862.

Debt Management and Credit

A class on debt management and credit will be held 8:30-10:30 a.m., Feb. 5 at the Education Center, Room B302. For more information, call 751-5256/6325.

Managing Your Emotions Under Stress

A class on how to manage emotions while under stress will be held from 9 a.m. to 3 p.m., Feb. 5 at the MG Robert B. Solomon Center, Marion Room. For more information, call 751-5256/6325.

Rear Detachment Commander's Course, Phase II

A seminar on the duties and responsibilities of the Rear Detachment Commander will be held from 8 a.m. to 4 p.m., Feb. 5-7. For more information, call 751-7477.

Newcomers Orientation

A Newcomers Orientation Briefing will be held 9-11 a.m., Feb. 6 at the Post Conference Room. For more information, call 751-5256/6325.

Quick Jobs

Midlands Technical College will present their "Quick Jobs" programs 9-11 a.m., Feb. 6 at the Education Center, Room B206. For more information, call 751-5256/6325.

Parents Who Care (Adolescents)

A Parents Who Care (Adolescents)

Homes and love needed



Photos by Kristen Marquez

These animals at the Fort Jackson Veterinary Clinic need a home.
Top row from left: 2-year-old male black and white cat, 1-year-old male orange tabby, 14-month-old male pitbull. Middle row from left: 1-year-old male chocolate Lab, 1-year-old male cat. Bottom row from left: 1-2-year-old female mixed breed dog, 1-year-old male gray tabby and 1-year-old male black and white cat. For information on adoption call 751-7160.

meeting will be held from 10 a.m. to 3 p.m., Feb. 6 at the Strom Thurmond Building, CPAC conference room. For more information, call 751-5256/6325.

Re-Entry Briefing

A re-entry briefing will be held 11 a.m., Feb. 6 at the Post Conference Room. For more information, call 751-5256/6325.

Town Hall Meeting

A town hall meeting on the installations Amber Alert procedures is scheduled for 5:30 p.m., Feb. 8 at the Solomon Center.

African American History Month Luncheon

A luncheon celebrating African American History Month will be held from 11:30 a.m. to 1 p.m., Feb. 12 at the MG Robert B. Solomon Center.

The guest speaker is retired Command Sgt. Maj. Cravis Taybron. Tickets cost \$9. For more information, call 751-4247.

Announcements

Absentee Voting

Absentee voters can exercise their right to vote by completing the Federal Post Card Application (FPCA Standard Form 76) or complying with the ballot request procedures enacted by the state in which they vote. After mailing in the application, the voter will receive his or her absentee ballot. Mailing guidelines differ from state to state. For more information, contact your Unit Voting Assistance Officer or visit www.vote.army.mil.

Mandatory Registration for FRG Leaders

In accordance with AR 608-1, all Family Readiness Group leaders must be registered with Army Community Service, Mobilization and Deployment Program. FRG leaders disseminate information, events and available resources to family

COMMUNITY HIGHLIGHTS

members and the chain of command. To report e-mail address or contact number changes, call 751-7489. If certified at another installation, bring certificate of training to 2179 Sumter Ave., Room A-12.

Miss South Carolina Crystal Garrett Update

Crystal Alicia Garrett, reigning Miss South Carolina and daughter of Fort Jackson Department of the Army civilian and retired 1st Sgt. Daniel Garrett, will compete in the Miss America pageant in Las Vegas Saturday. The pageant will be broadcast live on TLC (cable channel 43 on Fort Jackson).

Deployment Resource Library

A new library and resource center is now open at 2179 Sumter Ave., Room A-12. The library is open from 9 a.m. to 4 p.m., Monday through Friday. For more information, call 751-7489/7491.

USC ROTC Battalion Enlisted Instructor Positions

Retiring or recently retired master sergeants may be eligible for active duty enlisted instructor positions at the University of South Carolina Army ROTC Battalion. For more information, call 777-3644 or e-mail *Charles.Brown@sc.edu*.

\$2K Referral Bonus Offered

Soldiers, U.S. Military Academy cadets, ROTC contracted cadets, members of the Future Soldier Training Program, Army retirees and Department of the Army civilians can earn \$2,000 for referring their acquaintances to Army and Army Reserve recruiters, if the referral results in enlistment.

For more information, visit *www.usarec.army.mil/support/bonus_program.htm*.

DECA Scholarships for Military Children

The Defense Commissary Agency awards \$1,500 scholarships to unmarried children under the age of 21 (23 if enrolled in school) of active-duty, Reserve, Guard and retired military personnel. All applicants must be enrolled in the DEERS database and have a current ID card. The applicant must be planning to attend an accredited college or university full-time in the fall term of 2008.

Applications for the scholarships are available in commissaries worldwide or online at *http://www.commissaries.com* or at *http://militaryscholar.org*.

Applications must be turned in to a commissary by Feb. 20.

Reporting Abuse

Every Soldier and member of the military community should report information about known and suspected cases of spouse or child abuse to the reporting points of contact.

The military police have been designated for handling all reports of abuse and neglect, including those which occur in a Department of Defense sanctioned or operated activity. The 24-hour report line is 751-3113.

School

Kindergarten Registration

Richland School District Two elementary schools are holding kindergarten registration through Jan. 31. Prospective students must be 5 years old by Sept. 1.

To register, parents must present the child's birth certificate, South Carolina immunization form, Social Security number and three or more items for proofs of residence. Registration is available during normal hours of operation at the school the child will be attending. For more information, call 751-6150.

Boys and Girls Club Youth of the Month

The Fort Jackson Middle School/Teen program is accepting nominations for the Boys and Girls Club Youth of the Month.

Candidates must be 14-18 years old, belong to the Fort Jackson Youth Center, exhibit leadership potential and have contributed to their family, church, school or community during the past months. To submit a nomination, call 751-6385/3977.

Homeschoolers Group

Fort Jackson has an active group of homeschoolers who share activities, ideas and fellowship. For more information, call 419-0760 or 751-6150 or visit online at *http://groups.yahoo.com/group/FortJacksonHomeSchoolers/*.

Recurring Meetings

Weekly

Walking Away Stress meets at 9 a.m., Mondays and Fridays at the pecan orchard near the post office on Early Street. For a walking log or more information, call 751-6325.

Range Control Briefing is held at 1 p.m., Mondays and Fridays at the Education Center, Room 302. For more information, call 751-7171.

Civil Air Patrol meets at 7 p.m., Mondays at Owens Field and 7 p.m., Tuesdays at Columbia Metropolitan Airport. For more information, e-mail *cc@scwg.cap.gov* or visit online at *www.scwg.cap.gov*.

Helping Everyone Reach Optimum Strength meets 5-6 p.m., Tuesdays at Moncrief Army Community Hospital, seventh floor. It is open to combat veterans and their family members. For more information, call 751-2160/2183.

Medical Board Office is closed from 7:30 a.m. until 1 p.m., every Thursday. For information, call 751-0359/7152/7318.

Protestant Women of the Chapel meet Thursdays from 9:30 a.m. to 12:30 p.m. at the Main Post Chapel. Homeschoolers are welcome and evening studies are available. Free childcare is available. For information, e-mail *pwocjackson@yahoo.com*.

Overseas Travel Clinic is held from 8:30 a.m. to noon, Fridays. For more information, call 751-5151.

Military Widows/Widowers Association meets at 2 p.m.,

Sundays at Moncrief Army Community Hospital, eighth floor. For more information, call 787-2469.

Monthly

Seabees meet at 7 p.m., the second Monday of each month at the West Metro Chamber of Commerce and Visitors Center. Call 755-7792 or 755-0300 for more information.

Sergeant Audie Murphy Club meets at 11:30 a.m., the first Tuesday of the month at the Post Conference Room, and is open to everyone.

Gastric Bypass Support Group meets at 6 p.m., the second Tuesday of the month in the Moncrief Army Community Hospital 8th floor physical therapy waiting room. For more information, call 751-0392. This is not just for weight loss patients; anyone interested is welcome.

Fleet Reserve Association Unit 202 meets at 1 p.m., the third Tuesday of the month at 2620 Lee Road. Call 482-4456 for information.

Fort Jackson "Victory Riders" Motorcycle Club meets at 5 p.m., the first and third Thursdays of the month at Magruder's Club. For information, e-mail *sec@ffvictoryriders.com*.

Society of American Military Engineers meets at 11:30 a.m., the fourth Thursday of the month.

For information, call 254-0518 or 765-0320.

U.S. Navy Sea Cadets meet the third weekend of each month. The group is for children ages 11-18. For more information call 622-8707.

To submit a recurring meeting, e-mail the name of the group, when and where the meeting takes place and contact information to *ffleader@jackson.army.mil*.

District Two school-choice briefings

Online applications for Richland School District Two School Choice will be accepted until 5 p.m., Feb. 8. Videos on the programs and schools are available online at *www.richland2.org*. On-post students currently in sixth grade may apply for expanded choice and magnets, but fifth grade students may only apply for magnets. For more information call 751-6150. All meetings begin at 6:30 p.m.

Date	Location	Type
Jan. 24	Center for Achievement computer lab	magnet

Jan. 24	RidgeView HS auditorium	school, magnet
Jan. 28	Conder Elementary cafeteria	magnet school
Jan. 28	Kelly Mill MS gym	school, magnet
Jan. 28	Richland NE HS	ACCEL program
Jan. 29	Blythewood MS gym	school
Jan. 30	Center for Knowledge MPR	magnet
Jan. 30	Richland Northeast HS auditorium	school, magnet
Jan. 31	E.L. Wright MS MPR	school, magnet
Feb. 4	Blythewood HS auditorium	school
Feb. 4	Lonnie B. Nelson Elementary auditorium	magnet school
Feb. 5	Spring Valley HS little theater	school and magnet

FIRST RESPONDER



The following are selected incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Lt. Col. Greg Vibber
Director, Emergency Services/Provost Marshal
Sgt. Maj. Patrick O'Connor
Provost Sergeant Major
Billy Forrester
Fire Chief

Cases of the Week

A Soldier contacted PMO to report that his quarters on post had been vandalized. Investigation revealed that someone had thrown eggs at the building and placed a can of urine on the door step. The quarters were cleaned and the can was thrown away.

Military Police said a Soldier and his wife were involved in a verbal altercation which turned physical, resulting in bruises on her arms and face. The Soldier was transported to PMO where he was processed and released to his unit.

Firefighters responded to a report of a kitchen fire in the housing area. The occupants had turned the oven on to self-cleaning mode and the excessive grease buildup ignited. There were no substantial damages.

Tip of the Week

If you have a self-cleaning oven, make sure you know how to use the feature. Remove everything from the oven before you activate the self-cleaning function. It is a good idea to wipe down the oven before using the self cleaning function to remove excessive grease. The oven heats up to 800 degrees during the self-cleaning phase and any areas of significant grease buildup can create smoke or cause a fire. Also, do not leave pans or trays inside the oven during the cleaning process to avoid oven fires. If you do have an oven fire, keep the oven door closed, if possible turn off the heat source, evacuate and call 911.

crimestoppers
1-888-559-TIPS
www.midlandscrimestoppers.com

FORCE PROTECTION

THOUGHT OF THE WEEK

IDENTITY THEFT

Protect Military and Civilian Identification

Protect Your Social Security Number

Protect Your Bank Account Information



DON'T BE A VICTIM!



Seek safe behavior during Super Bowl celebrations

Sandra Barnes
Army Substance Abuse Program

The Super Bowl is America’s biggest and most entertaining national sporting event as friends and families gather to socialize and watch the game. Yet, it is also one of the most dangerous days on the nation’s roadways, because of crashes related to drunken driving.

According to the National Highway Traffic Safety Administration, 158 people died, representing 51 percent of all traffic fatalities during the 2004 Super Bowl weekend, because of impaired drivers with blood alcohol concentration levels of .08 and higher.

Designating a sober driver should be on the top of everyone’s Super Bowl party list. The NHTSA offers these safety tips:

- Hosting a Super Bowl party**
Hosts should make sure all of their guests designate sober drivers in advance, or help arrange ride-sharing with other sober drivers.
- It is a good idea to serve lots of food — and to include lots of non-alcoholic beverages at the party.
- It is recommended to stop serving alcohol at the end of the third quarter and to begin serving coffee and dessert.
- Hosts should keep the numbers for local cab

companies handy, and take the keys away from anyone who is thinking of driving while impaired.

- Attending a Super Bowl party or watching at a sports bar or restaurant**
Party-goers should eat enough food; take breaks; alternate with non-alcoholic drinks; and avoid drinking too much alcohol too fast.
 - It is important to designate a sober driver before the party begins and to give that person the car keys.
 - If no designated driver is at hand, there are other alternatives to taking the wheel, such as asking a sober friend for a ride home; calling a cab, friend or family member; or to just stay and sleep it off.
 - One should never let a friend out of sight if he or she suspects the friend is about to drive while impaired.
 - No one should ever forget to buckle their seat belt — it is still the best defense against other impaired drivers.
- Editor’s Note: The source for this article was the National Highway Traffic Safety Administration. For more information on the National Highway Traffic Safety Administration visit the website www.nhtsa.dot.gov. If you have any questions about substance abuse, call 751-5007.*

ASAP Calendar of Events

Alcohol and Drug Abuse Prevention and Training Program is a two-day class for those interested in learning more about alcohol and drug abuse, and will be held from 7:30 a.m. to 4:30 p.m., Jan. 28-29 and Feb. 11-12 at 3250 Sumter Ave.

It is also for those who the command feels could benefit from re-education.

Unit Prevention Leader training will be held from 7:30 a.m. to 4:30 p.m., Feb. 27-29 at 3250 Sumter Ave.

It is required training for newly assigned unit prevention leaders and includes training on drugs and alcohol, biochemical testing and substance abuse prevention.

Seating is limited, and the duty uniform is required.

Please do not schedule appointments during class time.

Editor’s Note:
The Army Substance Abuse Program provides prevention/education to the community on topics pertaining to alcohol and other drug usage.

ASAP maintains a wide selection of pamphlets and videos that can be used to get a further understanding of the dynamics of substance abuse and use.

ASAP staff is available to give presentations on alcohol and drug abuse.

For questions about classes offered or about substance abuse, call 751-5007.

CHAPEL

This year, seek God’s grace

Chaplain (Capt.) Rick Cantrell
1st Battalion, 13th Infantry Regiment

On New Year’s Eve, I had just completed my workout at the Jeep Rogers YMCA, when I noticed an open Bible lying on the table.

My eyes immediately zeroed in on Psalm 130:3 where the words jumped off the pages and smacked me directly in the face!

The psalmist rhetorically asked, “If you, O’ Lord, kept a record of sins, O’ Lord, who could stand?”

As I reflected on this verse, I was reminded of how many times I had fallen by the sins I committed or good deeds I failed to execute. At that very moment, I was humbled. As I continued reading, the psalmist introduced God’s forgiveness and grace in verse 4a, “But with you there is forgiveness ...”

I was humbled again, because not only does God forgive my sins, but he also favors me with his inexhaustible grace.

‘Wow,’ I thought, “embracing God’s grace is the most complete and liberating act one can do!”

Then I asked myself, “Why would anyone not want to embrace God’s grace in their life?”

The psalmist himself gives possible answers to this question in verses 1a, 2 and 5.

He states, “Out of the depths, I cry to you ...,” “Let your ears be attentive to my cry for mercy” and “I wait for the Lord, my soul waits ...”

Like the psalmist, there are so many people hurting and anguishing in their sin and pain; they are literally crying out, watching for, and waiting for, God’s grace to enter and change their lives.

If this describes you, I encourage you to cease crying out, watching and waiting for God’s grace, and just simply embrace it.

No doubt, this year, you will personally experience God’s continued hope, healing and salvation in your life.



Worship services

- Protestant
- Sunday 8 a.m. and 10:45 a.m. Daniel Circle Chapel (Gospel)
8 a.m. Bayonet Chapel (Hispanic)
9:00 and 10:30 a.m. Magruder Chapel
9:30 a.m. Main Post Chapel
10:45 a.m. Post-wide Sunday School (Post Chapel)
11 a.m. Daniel Circle Chapel
11 a.m. Memorial Chapel
11 a.m. Chapel Next
Chaplain School
 - Wednesday 7p.m. Gospel Mid-week Service Daniel Circle Chapel
- PROTESTANT BIBLE STUDY
- Monday 7 p.m. Women's Bible Study (PWOC - Post Chapel, Class 209)
 - Wednesday 7 p.m. Anderson Street Chapel
7 p.m. Daniel Circle Chapel
7 p.m. Gospel Congregation's Youth (Daniel Circle Chapel)
 - Thursday 9:30 a.m.-12:30 p.m. Women's Bible Study (PWOC, Post Chapel)
6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)
7 p.m. LDS Bible Study (Anderson Chapel)
 - Saturday 8 a.m. Men's Prayer Breakfast (Post Chapel, (every second Saturday of the month in Chapel Fellowship Hall))
- PROTESTANT YOUTH OF THE CHAPEL
- Sunday 5 p.m. Daniel Circle Chapel (1st & 3rd Sundays)
 - Wednesday 6:30 p.m. Main Post Chapel

- Lutheran/Episcopalian
- Sunday 8 a.m. Memorial Chapel
- Islamic
- Sunday 8-10 a.m. Islamic Studies
 - Friday 12:30-1:45 p.m. Jumah Services (both — Main Post Chapel)

- Church of Christ
- Sunday 11:30 a.m. Anderson Chapel
- Catholic
- M-F 11:30 a.m. Mass (Post Chapel)
 - Sunday 8 a.m. Mass (Solomon Center)
11 a.m. Mass (Main Post Chapel)
9:30 a.m. Mass (120th AG Battalion Chapel)
9:30 a.m. CCD (Education Center)
9:30 a.m. Adult Sunday School
12:30 a.m. Catholic Youth Ministry
 - Wednesday 7 p.m. Rosary
7:30 p.m. RCIA/Adult Inquiry

- Jewish
- Sunday 9:30-10:30 a.m. Memorial Chapel
10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

- Latter Day Saints
- Sunday 9:30-11 a.m. Anderson St. Chapel

Addresses, phone numbers

Daniel Circle Chapel — 3359 Daniel Circle, Corner of Jackson Blvd., 751-4216
Main Post Chapel — 4580 Strom Thurmond Blvd., corner of Scales Ave., 751-6469
Bayonet Chapel — 9476 Kemper St., 751-4542
Family Life Chaplain - 4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780
Anderson St. Chapel — 2335 Anderson St., Corner of Jackson Blvd., 751-7032
Education Center — 4581 Scales Ave.
Magruder Chapel — 4360 Magruder Ave., 751-3883
120th Rec. Bn. Chapel — 1895 Washington St., 751-5086
Memorial Chapel — 4470 Jackson Blvd., 751-7324

LEGAL

Divorce and custody process in South Carolina

Capt. Richard Donaldson
Legal Assistance Attorney

Although divorce is something no one wants to experience, statistics show that almost one out of two marriages ends in divorce. The following outline of the divorce process in South Carolina is a useful overview for those facing separation.

Grounds for divorce

In South Carolina, there are five grounds for divorce: separation of the spouses for at least one year (the “no-fault divorce”); adultery; physical cruelty; habitual drunkenness (alcohol or narcotic drugs); and desertion. The proof needed to allow the court to grant a divorce on one of these five reasons depends on the circumstances.

The lawyer will ask about the situation and advise on the case. Testimony from a third party will probably be required. State law requires a family court judge to make a specific finding that reconciliation is not possible before the judge can grant a divorce.

Family courts

In South Carolina, family courts handle all marital litigation. The family courts decide: whether to grant a divorce; issues of custody and support (child support and alimony); and equitable division of marital property.

Family courts can grant a request to allow a person to resume use of a maiden or previous name. Family courts also handle separation actions, which may include: custody, visitation, support and division of property.

Agreements

By working together, spouses are often able to decide issues without court intervention. When such agreements are reached, the parties have settled their case.

When a couple has settled their issues, their lawyers will present the agreement to the court and request that the judge approve the agreement.

If the court finds the agreement fair, reasonable and voluntary, then the agreement will become an official court order.

Custody and visitation

When parents cannot agree on who should have custody of their minor children, the court must decide.

Custody litigation is an expensive procedure and often very emotional. Both parents should look honestly at their new living conditions, available time and other resources and consider carefully which parent can provide a better home life for their children.

Because neither parent automatically has a legal right to custody, the court will consider the best interests of the children. The court may order joint or shared custody. Children who have reached an appropriate level of maturity may express their preference to the judge. However, a child’s preference is not controlling.

Minor children will be appointed a guardian ad litem to represent them in court and recommend which parent should be awarded custody. Non-custodial parents can be awarded periods of specified visitation with their children.

If circumstances surrounding custody and the child’s best interest change substantially, the family court can order a change of custody or visitation.

Support

Spousal support is called alimony. Either spouse may be entitled to monetary support from the other spouse.

Alimony can be paid in a lump sum or in installments. Where appropriate, the family court can award short-term alimony to help a spouse upgrade or acquire job skills which could make him or her self-supportive.

Both parents have legal responsibility to provide economically for their children. A non-custodial parent usually will be required to pay a specified amount of child support to the custodial parent.

In determining the appropriate amount, the court must use the Child Support Guidelines that provide a calculation of support based on the gross income of the parents.

The court can order that child support payments be made through the clerk of court along with a collection fee. Many employers offer an automatic payroll deduction for child support payments.

Procedure

The process begins formally by the service of a summons and complaint (legal papers setting out what the

Legal Assistance Office

Fort Jackson’s Legal Assistance Office is located in the Office of the Staff Judge Advocate, 9475 Kershaw Road, and is open from 9 a.m. to 4 p.m., Mondays through Thursdays. Appointments can be made by calling 751-4287.

The office accepts walk-ins for living wills, health care powers of attorney and durable powers of attorney, 1:30-3:30 p.m, Tuesdays and Thursdays.

Walk-ins are welcome for general legal questions and are accepted 9-11 a.m., Thursdays.

plaintiff, or party starting the suit, wants).

The defendant (party on whom the summons and complaint are served) has 30 days after being served to file a formal written response (answer) and to request any other relief (counterclaim).

The court may order the parties to attend mediation to resolve the issues, especially custody and visitation. The court may also order the parties to attend a parenting course which deals with families going through a divorce.

If the parties can settle their case, the court holds an abbreviated hearing. If the parties cannot settle, then each side can present evidence at a trial to show why the court should grant the relief wanted. After trial, the judge decides what relief should be given.

A temporary hearing will be held if there are any issues which must be decided before the final hearing. At a temporary hearing, evidence usually is presented by affidavit without witnesses taking the stand.

Except in cases involving separation, there is a two-month waiting period after service of summons and complaint before a divorce action can go to trial and three months before a decree can be issued.

Judge Advocate General

The Fort Jackson JAG office can provide further information regarding divorce in South Carolina. While the JAG office’s legal assistance attorneys can provide advice and information concerning divorce in South Carolina and Army regulations, they cannot represent you in a South Carolina Family Court. If you would like to talk about divorce, support or child custody, call the Legal Assistance Office at 751-4287 to schedule an appointment with an attorney.



SPORTS

Army marksmen set sights on 2008 Olympics

Army News Service

FORT BENNING, Ga., — With only 204 days to the Olympics, the sports world now turns its focus to the Summer Olympic Games, which will be conducted in Beijing, China, in August.

Eight Soldiers of the U.S. Army Marksmanship Unit returned from the Athens Olympics in 2004 with memories, memorabilia and a medal and there are eight USAMU Soldiers who will be vying for a spot on the 2008 U.S. Olympic Airgun Shooting Team — four male rifle shooters, two female rifle shooters and two male pistol shooters.

USA Shooting, the national governing body for Olympic Shooting Sports in the United States, will be conducting the Airgun Olympic Selection Matches March 1 to 3 at the Olympic Training Center in Colorado Springs, Colo., to fill five slots on the 2008 U.S. Shooting Team — two Men’s Air Rifle, one Women’s Air Rifle, one Men’s Air Pistol and one Women’s Air Pistol.

Sgt. 1st Class Jason A. Parker, 33, and Sgt. 1st Class Daryl L. Szarenski, 39, each competed in his second Olympics in 2004.

“The Olympic competition experience gave me the confidence to shoot good scores anywhere in the world,” Parker said. “The highlight was making the Olympic finals and the Opening Ceremony was a wonderful experience — all of the U.S. athletes were excited to walk into the stadium. Becoming an Olympian had been a dream of mine since I was a teenager and the Army gave me everything I needed to attain this goal. I couldn’t be where I am today



Photo by Tim Hipps, Army News Service

Sgt. 1st Class Jason Parker of the U.S. Army Marksmanship Unit at Fort Benning, Ga., wins a gold medal in the 10-meter air rifle event July 15 at XV Pan American Games Rio 2007 in Rio de Janeiro, Brazil. Parker participated in the 2004 Olympics.

without the Army and the Army Marksmanship Unit; they provided every resource I needed to be where I’m at.

“I tell young people who want to make it to the Olympics ‘Once you have a dream of what you want to be, make a plan and stick with it, and remember it takes hard work and a lot of discipline.’ I will train harder and smarter to be at my peak performance at the 2008 Olympics,” Parker continued.

Parker, an infantryman from Omaha, Neb., finished in fifth place in Air Rifle in

the 2000 Olympics, barely missing a medal by seven-tenths of a point, and ended up in eighth place overall in Air Rifle in 2004 — less than 3 points away from a medal. The Soldier and his wife, Andrea, live in Fortson, Ga., with their two sons, Tommy and Wyatt.

Szarenski, of Saginaw, Mich., took 13th place in Air Pistol in 2004; he competed in something other than Air Pistol in the 2000 Olympics.

After his disappointing finish in 2004,

Szarenski said, “It is better to compete and lose than to be afraid of losing and never trying.” But now, the infantryman said he is solely focused on winning the elusive Olympic Gold Medal.

Szarenski and his wife Amy, a former USAMU international pistol shooter, live in Seale, Ala., with their two children, Hannah and Luke.

Other USAMU Soldiers who will be competing in the Airgun Olympic Trials are: 1st Lt. Lucas F. Leinberger of Linn, Mo., Sgt. Henry L. Gray of Belgrade, Mont., and Spc. David R. Sprecher of Tarpon Springs, Fla., in Men’s Air Rifle; Sgt. Kelly A. Dove of Comer, Ga.; and Spc. Nicole N. Cooper of Kearney, N.J.; in Women’s Air Rifle; and Sgt. 1st Class Thomas A. Rose of Central Point, Ore., in Men’s Air Pistol.

The trials will consist of three days of Air Rifle and Air Pistol competitions followed by a finals shot by the top eight shooters. The Olympic Team selection will be based upon the aggregate of the scores from the three courses of fire and the two highest finals.

The rest of the U.S. Shooting Team will be selected at the following selection matches: March 8-16 in Kerrville, Texas, for Men’s and Women’s Trap and Skeet and Men’s Double Trap; May 12-22 at Fort Benning for Men’s and Women’s Three Position Rifle, Men’s Prone Rifle, Men’s Free Pistol, Women’s Sport Pistol and Men’s Rapid Fire Pistol.

For more information on the Airgun Olympic Trials, contact Mary Beth Vorwerk of USA Shooting at (719) 866-4896.

Post intramural
basketball standings*

Monday/Wednesday League

SCARNG	2-0
MEDDAC	1-1
3-13	1-1
187th	1-0
245th	1-F
175th	0-F
MPs	0-2
2-39	IDLE

Tuesday/Thursday League

1-13	2-0
120th	2-0
Niteflyte	2-0
VSB	1-1
TFM	1-1
2-13	0-1
Post Laundry	0-1
SSI	0-2
742nd Maint.	0-2

* Standings as of Jan. 24.

Sports Briefs

Health Rocks! Night

A Health Rocks! Night for students between first and 12th grade will be held 6:30-9 p.m., Friday at the Youth Center. There will be mini-classes in martial arts, yoga and cardio-box. Dinner will be served. For more information, call 751-5040/3773.

Swim Meet

A swim meet will be held Feb. 21 at Knight Pool. Names and events are due by Feb. 14. For more information, call 751-3096.

Youth Spring Sports

Registrations are currently being accepted for youth soccer, track, double dutch and baseball seasons. All children must be registered with Child and Youth Services to register for sports.

To make a registration appointment, call 751-4865/4824. A current physical and proof of age are required and track participants must submit a copy of their birth certificate.

The seasons are: Soccer: February through May. There are two age brackets, 3-10 years old and 10-13 years old. The registration fee is \$30, but additional children from the same family cost \$27. The fee includes a jersey and trophy. Track: March through May.

Track is open to children 9-14 years old. The registration fee is \$40, but additional children from the same family cost \$36. The fee includes a jersey and trophy.

Double dutch: March through May. Registration is open for children 6-18 years old. The registration fee is \$30, but additional children from the same family cost \$27. The fee includes a jersey and trophy.

Baseball: April through June. T-ball is open for 3-5 year olds; coach pitch is open for 6-8 years old; and little league is open for 9 years old and up. The fee is \$40, but additional children from the same family cost \$36. The fee includes a jersey, hat and trophy.

Spring Sports Spectacular

Free skill sessions open to all Fort Jackson community youth coming up are: soccer, 5-7 p.m., Feb. 7 at the Youth Sports Complex; double dutch, 5-7 p.m., Feb. 14 at the Youth Center gym; track, 5-7 p.m., Feb. 28 at the Youth Sports Complex; and baseball, 5-7 p.m., April 3 at the Youth Sports Complex.

Volunteer Coaches Sought

Volunteer coaches for youth sports are needed. Experience is desired, but not mandatory. For information on the “coaches discount” or to volunteer, call 751-5040.

CLASSIFIEDS

100 Announcements

For Rent: Beautiful covered space for motor home, camping trailer or 12' wide mobile home. It has a 12x50 covered porch. Very private w/lots of shade trees. Not a mobile home park. 15 minutes from Fort Jackson. Call 735-0657.

For Rent: Horse Barn on one shaded acre in Gaston, 10 min. off Hwy. I-20, exit 129. Connected to miles of sandy rural roads and beautiful lake. \$75/month. 803-261-5603.

Please donate a reliable, dependable car or truck to a family in need. With your help it will enable them to get to work and to hospital visits for treatment in Columbia area. Thank you in advance! Mrs. Graham, 803-438-5913.

Student Loan Repayment Program. Have the government or grant foundation pay off your student loan for you. Call us at 803-223-9530.

Tax Refund Preparation. MAXIMIZE THE AMOUNT OF YOUR TAX REFUND. Get the highest refund possible. No waiting. Call to make your appointment. Call us at 866-595-6242.

101 Child Care

****Little Bright Daycare** (State Licensed) has full-time/part-time openings Mon.-Fri. for 6 weeks-12 years of age. Accepts ABC vouchers. All meals provided. Flexible hours. Clemson Rd. area. Tamara Bright (21137), 803-865-5405.

Head of the Class Academy has full-time openings for children 6 wks.-5 yrs. Come join us and have fun while you learn. Developmental age appropriate activities and nutritious meals. We provide an affordable, safe, nurturing, and caring environment. Call 783-8929.

106 Yard Sale

Garage Sale 26 Jan., 9 a.m.-2 p.m., 734 Kinlock Ct., Columbia (Spring Valley). Adult furniture, kid's clothes/toys and more.

Yard Sale Saturday, Jan. 26th, 7a.m.-12p.m.. 305 Rose Creek Lane. Huge sale. Lots of girl's toys, electronics, furniture, clothes.

108 Roommate Wanted

10 minutes to Fort, 20 minutes to McEntire. Month-to-month lease. Retired Male vet wants neat/quiet, non-smoker to share home off Leesburg Rd./Garners Ferry. Furnished room w/micro, fridge, W/D. \$350/month, \$300/security. Free utilities. 776-9549, lv.name/number. "DISCOUNT ARRANGED for Maintenance Service".

108 Roommate Wanted

3BR, 2BA Mobile Home in Blythewood w/huge yard. Newly renovated, all new carpets/floors, fresh paint, new light and window fixtures. Easy access to I-77, about 20 min. from Fort Jackson. \$200/\$150 per month plus partial utilities. Military friendly lease. 803-727-0607.

Female wants roommate in apartment home. Kitchen with microwave and fridge, fully furnished Living Room, laundry facilities and full utilities available. Non-smoking household. \$425 per month. Close to I-77 and 10 minutes from Ft. Jackson. For more information call 253-592-4686.

Furnished Room for rent in New Home. No drugs or smoker. \$500/month, \$300 security deposit. Easy access to I-77. About 20 minutes to Ft. Jackson. Military friendly. Utilities and Direct TV are included. Call 803-361-8623.

Room to Rent near VA Hospital. Nice quiet neighborhood. Furnished, Kitchen privileges. All Utilities paid. Private Bath. Fenced yard. Pets OK. \$175 per week. Please call 803-348-8886 for details.

Senior Citizen has Room for rent in the Northeast Area. \$400/month plus share utilities. Kitchen and laundry available to share. Telephone and cable provided. For more information call 803-708-2171.

Single, clean, new, spacious, secure room. Located in Northeast Columbia. Renter will have their own bathroom, walk-in closet, free cable and internet. \$450 per month. Renter will pay half of utilities. Call 803-466-4548.

200 Help Wanted

OVERSEAS CONTRACTS
Earn up to \$212,000 yr.
www.middleEastpay.com

500 Pets

10x10 Dog Kennel with top frame and 8x10 extension with top to make 2 kennels and dog house, \$200. 803-873-6074/6076.

Chocolate Lab needs Loving Home. Free 12 year old full-blooded Chocolate Lab is energetic, likes children and is healthy, lovable and sweet. Has been an outdoor dog for years. Call 803-767-3488 if interested in adopting him.

For sale: Adorable AKC Rottweiler pups, males and females, born 03 December 07, wormed and first shots. Please call (803) 308-3352.

French Mastiff (Turner & Hooch), 1 yr. 8 months old. Beautiful deep red coat with a lot of wrinkles. Great family dog. Also can be used as a stud. FIC certified w/health records, shots up to date. \$1500 OBO. 803-873-6074/6076.

500 Pets

Huskie-Shepherd Puppies, blue eyes, beautiful markings. Looking for Good Homes. Asking \$50. Call Brigitte, 865-2698.

600 Appliances

Brand New Roper Washer, still in box and under warranty, large capacity, white, porcelain tub, 8 cycles. Part # RAS7133RQ. \$220. 803-389-2670 after 7 p.m.

Dryer for Immediate Sale-Orders to Korea! Whirlpool 6 cycle Infinite Temperature Dryer, Super Capacity. Clean older model, used rarely. Runs like new. Light tan color. Does not come with rear foil vent. \$200 OBO. Call Krista, 281-382-4095 or Richard, 281-253-6336.

FREE Washer and Dryer! Washer works, dryer does not. Must take both! Located in NE Columbia. Call James at (706) 829-3041.

Freezer, \$500, United Commercial Heavy Duty Upright, great condition. Call 736-2462.

Kenmore almond color fridge, good condition, \$250 OBO. Call 803-419-3677

Kenmore white electric stove and dishwasher (like new) barely used. Good condition. If interested please call 803-454-5184.

601 Electronics

32 inch Magnavox color TV with remote, really nice, \$180. 803-788-5936.

32 inch Toshiba (HDTV) TV, less than 2 years old with remote. Sold for over \$800 new, asking \$250 OBO. Call 803-238-4587.

Dell Computer with Windows XP. Hewlett Packard Photosmart Printer and Speakers. Great for student's homework, \$200. 786-1004.

Disney Princess 13" TV and DVD Player, \$150 for both. VCR, \$25, Emerson VHS 4 Head Hi-Fi Stereo. VCR, \$25, Orion VHS Digital Auto Track. Fax/Copier, \$30. Panasonic plain paper, auto receive feature and side phone. Call 736-2462.

Magnavox Projection 46" TV, \$325. Contact 788-2349.

Panasonic Sony Video8 camera recorder/VCR combination. Mdl. CCD-FX410, 10X lens. Must see to appreciate excellent condition. \$125 OBO. Computer color monitor. 14" \$35 OBO. Multi Media Stereo Speaker set with woofer, \$10. Micro cassette recorder, \$7 OBO. 803-787-5385

Pioneer AVH-P5700 in dash CD/DVD player, 6.5 inch monitor LCD touch screen, fully motorized. Selling for \$300. Purchased at Norton Stereo. Still under warranty. If interested please contact SSG Thompson or Chelsa Thompson at 803-665-9823.

602 Furniture

Armoire, \$300, dark oak with 4 large drawers, great condition. Bookshelves, \$35. 2 tall white bookshelves with 4 movable shelves. Computer Desk, \$40, wood with pull-out keyboard drawer, printer shelf and large drawer. Call 736-2462

Bedroom Dresser and TV Armoire for sale, \$100. Call Brigitte, 865-2698.

BEDROOM SET: A Beautiful cherry sleigh bed, dresser, mirror, night stand, brand new, still in boxes, \$895. Interest Free Financing. Can Deliver. Call 803-319-8043

Brand New Mattress Sets: Still in plastic, Queen set, \$150. King set, \$325. Queen Pillow Top set, \$185. Can Deliver. 803-319-8043.

Brand New, mint condition Bassett Baby Bed with all accessories. Turns into a full bed. Will sacrifice for \$275. Mattress still in plastic. 803-269-8788.

Burgundy couch and 2 high back chairs, \$500. Hand carved German Bar with 2 stools, \$350. Call 803-408-0732 or 803-699-1382.

Executive Swivel Chair, black leather, perfect condition, cost \$350 new, asking \$150. Call 776-6992.

Sofa, black leather, full size, \$75. Book Cases, 2 pine, 8'x3'x12", \$10/each and 2 oak 6'x4'x12", \$20/each. Blinds by American Blinds, terra cotta woven, 70x58, brand new, \$100. 803-438-0553 or 803-629-6302.

White metal bunk bed, \$75 OBO. Twin on top, full on bottom, with side rails. Like new. No bending or damage. Please call 803-708-1460.

White, gently used wooden crib with mattress, \$50 OBO. Call 419-0760.

603 Miscellaneous for Sale

2 ea. Comfort Glow Natural Gas Heaters, seldom used, manual included, \$50 each. Avalon XLS 03, fully loaded, navigation system, one owner, \$16,000. Roll top desk, \$90. Contact 803-750-7518, 609-2188 or 609-2302.

4 Enki rims, size 16-7 spoke polished aluminum, asking \$300. 4 new Kumbo tires (285-50-20), asking \$400. Call 803-917-3712 for more info.

90 ft. chain link fence with single gate, \$75. Baby crib with mattress, \$50. Call 782-6513.

ATV, 2000 Honda 400EX. Racing set of plastic and original plastic, nerf bars, aluminum exhaust, extra tires, hand guards, \$2800 OBO. Call Jason, 315-405-9530.

Baby items for sale: Evenflo Exersaucer, Safety First high chair, Stroller and carseat musical toys and many other baby toys. All in good condition. Please call for more information. Brandy, 463-0696.

Burial Plot and Vault at Greenlawn Memorial Park for sale. Call 803-647-7012.

603 Miscellaneous for Sale

Beige carpet, 15x20, with padding, less than 1 year old, \$200. Please call 803-546-6237.

Bike, 21 speed road bike made by Felt. Aluminum frame with Shimano shifters and brakes. Saddle and pedals not included. \$500 OBO. Call Watson, 803-477-2847.

Bowflex XLT, purchased in 2000, excellent condition, asking \$300. Purchased new machine-need to sell this one. Call 788-4529(H) or 803-237-1120(C).

Chi Farouk Straightening Iron, works great. Paid \$130 for this item, selling for \$60 or best offer. Please contact Danna at 337-378-2967.

Clock Radio, AM/FM/CD digital for under the cabinet, \$20. Child's Sand or Water box, turtle shaped with cover, \$10. Graco Stroller, 469 A4 series, \$15. AutoBike, 6 speed with no shifting, by Classic, \$75. 803-438-0553 or 803-629-6302.

Exercise Bike, Stamina 885, new, \$50. AB Lounger, new, half the price, \$50. Exercise chair for waist AB-Doer Pro Model, new, \$25. Massage Chair with remote by Homedics, excellent condition, \$100. 803-438-0553 or 803-629-6302.

Generator, Coleman 5000 Max ER Plus, used once, \$400. Call 803-438-0553 or 803-629-6302.

Kids Step 2 Play Desk, \$30. Top lifts for storage. Has pen holders, crayon cup holder, 2 side pockets, desk light and marker slots. Barbie Crown Activity Play Tent, \$100, great condition. Call 736-2462.

Kids Step 2 Play Kitchen, \$75, with play microwave and oven, play phone. Pots sizzle when placed on stove. Girl's Step 2 Play Vanity, \$30. Top lifts for storage. 2 side pockets, mirror and chair. 736-2462.

Ladies Designer Suits (New): Elegant Embellished and Knit Church Suits. Hats and Purses available. Suit sizes 4-34. Donna Vinci, Lisa Rene and others. \$50-\$80 each. Call 803-361-9246.

Men's Lauer Leather Jacket, chocolate brown, size 48. Made in the USA, like new, \$200. Call 803-425-9001.

Merits electric wheelchair, excellent condition, \$800 OBO. Shopsmith Mark V Home Workshop System with vacuum and accessories, \$1000 OBO. GE Water Cooler (hot and cold), excellent for shop, \$50. HDC Homier 5 speed drill press, \$50. 803-786-1004.

Nearly complete Genesis/Phil Collins collection, 22 CDs. Call for titles, \$200 OBO. Nakamichi RX202 Reverse cassette deck, \$45. Gold Gym XR5 weight bench, \$35. 4 person tent, \$40. Call 803-469-6927.

Queen mattress set, no frame, good condition, \$40. Call 803-477-2847.

603 Miscellaneous for Sale

Radio Shack USV Hub (4 ports), \$5. 2 Keyboards, \$8 each. 2 kerosene Heaters, one for \$45, one for \$15. Kitchen ceiling light (4-48" fluorescent bulbs). Wooden frame with plastic cover, \$30. 803-787-5385.

RIMS FOR SALE: Set of 17 inch Chrome Rims. 6 lugs, fits most Chevys. Came off a Chevy Tahoe. Good shape, like new, \$600. Please call home# 704-435-8284, leave message or cell# 704-466-8814.

Solar Pool Cover, \$75, fits 20x40 inground pool. Can be cut down for smaller pool. Only used once. Barbie Jeep, \$125. Has flashing lights, CB microphone and gas can, great condition. Call 736-2462.

Stock 2 speed power glide transmission. Running good when pulled out. \$200. Call 803-425-9001.

VW rims and tires 195/60/14, mint condition. Make offer. 14" rims and tires 195/70/14. Make offer. 15" rims and tires 195/70/15, \$200 OBO. Recently purchased for \$313. 803-269-8788.

702 Houses for Rent

2411 Rigby Drive in quiet Forest Acres, 3 miles from Fort Jackson: 2 Bedrooms, 1 Bath. \$890/month. Very cozy home with big backyard and patio. Won't last long. Available at end of January. Close to shopping and downtown! Call 803-767-3488.

3 Bedroom, 2 Bath Residence with 2 car garage. 1700 sq.ft., eat-in kitchen, LR, Den with fireplace and fenced backyard. Dogs allowed with deposit. \$950 per month, \$700 deposit. View this property at www.ahrn.com. Available Now. Call 912-368-1820 or 912-610-0765.

3-5 minutes from Gate 5: 3 Bedrooms, 2 Baths, LR/DR, garage. Stove and refrigerator, large fenced in back yard. No Pets. Security deposit required. \$750 per month. Call 695-3478.

3BR, 2BA in NE Columbia, Whitney Falls in The Summit. 2 car garage, refrigerator, washer/dryer. 1500 sq.ft. All Summit amenities. Minutes to Village at Sandhills, Richland 2 Schools. \$1100/month plus security deposit. Available January 15th. Call 803-234-4405.

420 Sheridan Dr. Beautiful 3 Bedroom, 2 Bath home in Northeast Columbia close to Fort Jackson. Living Room, Dining Room and eat-in kitchen. Rent is \$850 w/1 year lease. First and last months plus security deposit due at move-in. 803-600-0930.

House for Rent or Lease to Own: 106 Whixley Lane, Patriot Park, 3 miles from Fort Jackson. Built in 2005. 3BR, 2BA, some furniture included. \$800/month plus utilities. Call cell, 352-279-3705 for details. Credit check and references. Available Feb. 1st.

702 Houses for Rent

Amazing Home, NE Columbia: 5BR, 2.5BA, huge lot. Office/playroom, oversized master bedroom, hardwood floors, granite countertops, beautiful kitchen. Most room feature walk-in closets. Huge backyard w/deck and play area. Available 2/1 (nego.) for rental or lease-option to buy. 419-4768.

Beautiful Home in Gated Community: 3 Bedrooms, 2 Baths, 2 car garage, fenced yard. Very convenient to Ft. Jackson and Shaw AFB. Credit Check Required. Call 803-528-3863.

Beautiful house in Northeast area approx. 15 minutes from Fort Jackson. 3 Bedrooms, 1.5 Baths, Family Room, Dining Room, kitchen, new appliances. W/D hookups. Fenced yard, corner lot. A lot of storage area. Must See. \$975/month plus security deposit. 736-6802.

Behind Lexington Medical Center: 3 Bedrooms, 2 Baths, \$800/month. Trash and yard service included. Patio with privacy fence. Fireplace. Clubhouse, swimming pool. Great school district and close access to interstates, shopping, USC. Call 798-7292.

Brick House, 3 Bedrooms, 1 1/2 Baths, Central Heat and Air, Washer/Dryer connections, fenced yard, hardwood floors, good condition, stove. \$750 per month. Call 803-315-5968.

Executive home, Northeast: 4 Bedrooms, 2.5 Baths, 2 car garage, fenced yard, awesome deck. Great location with excellent schools. Pets allowed with deposit. Credit Check Required. Call 803-528-3863.

Immaculate 3BR, 2BA House. 5 min. from Ft. Jackson's Gate 4. Richland II School District. Eat-in kitchen, central vac and garage. \$950/mo., \$950 deposit. Move in by 15 Feb. and get \$100 off 1st month's rent. Call 803-419-1545

Lake Carolina-Harborside: Community of the year-7th year in a row. Two brand new 3 Bedroom, 2 1/2 Bath Homes with Garages. All appliances included. 120 Ratchford Way, \$1575/mo. 305 Long Pointe Lane, \$1450/mo. Non-smokers, please. Call 1-803-699-3012.

NE Columbia: 3BR, 2.5BA, 2110 sq.ft., 2 car garage, cul-de-sac, 1 year old, fireplace, balcony, patio, loft. Schools are Rice Creek, Kelly Mill and Ridgeview. Rice Creek Farms off Lee Rd., 421 Buttonbush Ct. \$1250/month. Jenny, 513-4936 or Dan, 803-788-2800.

NE Columbia: Available 2/5/08, 1919sq.ft, 1 yr. old 3BR/2.5BA, Loft, single family home for Rent/Lease. Large Family room w/fireplace, dining area, MBR w/walk-in closet, huge backyard, 2 car garage, quiet neighborhood/near Fort, Richland II Schools. All appliances. \$1550. 803-361-8351, 803-873-9056.

702 Houses for Rent

NEW HOME FOR RENT, SE COLUMBIA, HONEY TREE: 4 Bedrooms, 2.5 Baths, Double Car Garage, \$1050 per month. Minutes from Ft. Jackson Gate 5 and Downtown. Call Jody Styron at (803) 360-1558. Realty & Marketing Services.

Private country setting: 5BR, 3BA, 3300 sq.ft., 5 acres cleared, high ceilings, hardwood floors, all appliances, large front porch w/ceiling fans, separate central heat/air, attic fan. 8 min. to Ft. Jackson, 1 mile from Elementary/Middle School. \$1200/month, deposit required. 803-432-4954

Quiet/safe country living, NE Columbia/Elgin area. 3BR/2BA home, newer subdivision w/fresh paint, carpet, wood floors. 20 minutes to Fort Jackson, 5 minutes to Village at Sandhills. No Pets. Non-smokers. All appliances. \$950/month, \$950/deposit. 1 yr. lease. Available 2/15/08. Ryan, 912-572-8623/803-438-8281.

SE, near Ft. Jackson: 4BR, 2BA, Brick. LR, Den w/fireplace, lg. eat-in kitchen, Master suite, rear patio, huge fenced yard, carport. Newly remodeled inside/out. All Hardwood & ceramic. Lovely home in safe neighborhood. \$950/month. Credit check required. Call 803-261-5603

Single Family Home for rent near Fort Jackson: 3 Bedrooms, 2 1/2 Bathrooms, 1614 sq. ft., built in 2006. \$1100/month. 1 car garage, range, refrigerator with ice maker, dishwasher, disposal, W/D connections, Central Heat/Air. Call 843-810-2164.

Spacious 3 Bedrooms, 2 full Baths, Fireplace, 2 car garage. Large front and back yard. Richland 1 School District. Located off Leesburg Rd. near Fort Jackson Gate 1. Security Deposit \$700. Monthly Rent \$700. Call 803-606-1904 if interested.

Summit, NE Columbia: 4BR, 2.5BA Home. Approx. 1660 sq. ft., fully landscaped, updated kitchen appliances, lg. fenced backyard w/built-in deck, 2 car garage, garden tub in MBR Terrific neighborhood near parks, pool, trails. Richland II Schools! \$1060/month plus deposit. 803-237-6280.

Sweet 2BR, 1 1/2BA. Gas FP, dishwasher, disposal, refrigerator. Washer/Dryer connections. Large Kitchen w/eat-in dining area. Covered porch on front and back, nice size yard. Fenced backyard. Pets welcome. Must See! \$750/month, \$750/deposit. 1 year lease. 429-8846 (cell), 438-5676 (home).

Townhouse for rent: 2 Bedrooms, 1 1/2 Baths. Available February. 10 minutes from Base by Hunt Club off Decker, \$725. 803-360-7839

702 Houses for Rent

Unbelievable custom designed handcrafted log/stone 3 story, 6000 sq.ft. home. Wooded, private 5 acres. Near Blythewood/Lake Carolina. Short drive to Ft. Jackson and Sandhills. \$1600/month + utilities (electric, gas for fireplaces, gourmet kitchen 5 burner stove). Call evenings, 1800-2000, 803-319-0732.

703 Apartments for Rent

5516 Lakeshore Drive: 1 Bedroom Condominium available February, 2008. \$775. Security Deposit Same. Office, Kitchen, Living Room, Balcony. Water and sewer included. Approx. 5 minutes from Fort Jackson. Private Community. No smokers, pets or "waterbeds". Contact 803-331-2605 or ginagate@gmail.com

Condo for Rent: 2 Bedrooms, 1 1/2 Baths, up and down. Washer/Dryer Hookups, Pool. Point Arcadia on Decker Blvd. \$650 + water and sewer. 788-1914.

Lovely 1500 square foot Condo, three bedrooms, two baths, located on a Lower Richland horse farm. Convenient to Fort Jackson. Available January 15th. Rent is only \$700 per month. For more information call 776-2074.

Week of July 5-12, 2008. 1BR Condo, sleeps 6 (Ocean View) located at Ocean Villas, 7509 N. Ocean Blvd., Myrtle Beach, SC, within 15 minutes of all area attractions. Just pack your clothes and go! \$1000. Call 803-425-9001.

704 Mobile Homes for Rent

Ten minutes from Fort: Very clean fully furnished Mobile Home, suitable for one or two people. Will take five-six month lease for Military going to School. \$480 per month plus deposit. Utilities furnished. No Pets or smoking inside. Call 776-8817.

802 Resort for Sale

Timeshare in Orlando, FL for sale, 5 minutes from Magic Kingdom. 1 Lock-out unit (2 separate 1BR suites). Great unit w/on-site amenities, outdoor pool, exercise room, for more. Week 40. Property ownership w/deed. Use yourself or rent one out. \$9500. 803-727-0607.

805 House for Sale

****Forest Lake/Forest Acres: Former residence of General Robert B. Solomon. Fully updated, 3200 sq.ft plus 300 sq.ft sunroom. Open floorplan, large lot. 5 minutes commute to Fort. \$339,900. Steve, 312-3062.

805 House for Sale

2 Homes over 1600 sq.ft! SE Columbia has 3BR, 2 1/2BA and double garage with room over. Open Living/Dining, Fireplace. \$135K-close quickly! West Columbia has 3BR, 2BA, huge kitchen, community pool. E-Z access to interstate! Only \$130K. Can close quickly. Call Cynda now, 413-1790. ERA Wilder Realty. View at www.cyndahurley.com

2 years old, 2660 sq.ft., all brick front. 4BR, 2.5BA, Formal LR and DR, huge family room, large walk-in closets in Master Bedroom. Blinds, garage door opener, alarm system. Elementary/middle school access 2 blocks (Vineyard Crossing). Traci or Marco, 803-873-6074/6076.

3 Bedroom, 2 Bath, 1500 SF Southeast Home. 5 min. to Post, 10 min. to Downtown! Four years old. Open floorplan. Fenced backyard, 2 car garage, community pool. \$134,900. (803)727-2218.

3 Bedrooms, 2 Baths, Living Room, Dining Room, Family Room, fenced yard and patio in Dentsville behind Columbia Mall. \$99,000. Call 803-730-4665 or 803-422-6522

4 Bedroom, 2 Bath, 2000 SF, single story SE Home. 5 minutes to Post! 4 years old. VERY open floor plan. Fenced backyard, 2 car garage, Berber carpet, tiled baths, surround sound, quiet cul-de-sac. Lake view. Community Pool. \$159,900. 803-727-2218.

4BR/2.5BA, 2000sq.ft, built in 2007: Garden tub in master bath, walk-in closets, office space, large garage. Unique home, 15 minutes from Post (I-77N to exit 22). 333 Stimson Lane, Columbia. Brookhaven Subdivision. Close to Richland 2 Schools. \$149,000. Chris, 803-233-6138.

5828 N. Trenholm Rd., \$259,000. 3BR, 2BA on .7 acre private lot in Forest Lake area. Hardwoods throughout including kitchen. Study w/built-in bookcases. Den w/FP, Formal LR & DR. Large Florida Room w/vaulted ceiling. Renovated in 2004. Wonderful Schools. 787-5679.

Alexander Pointe Must See!! House for sale. Great listing price. Only 5 minutes from Ft. Jackson. Home is 2 years young on a large lot in a cul-de-sac. Call 518-2645.

ARCADIA LAKES: 4BR, 3BA, Office/Nursery, both formals, family room w/Fireplace, kitchen w/island, hardwoods, detached 2 car garage, large deck, fenced yard, Richland 2 Schools. View on midlandshomeshow.com/bm6 Call Beth at 803-463-7734 for more information. Russell and Jeffcoat Realtors

Better than new, 2334 sq.ft., \$159,900. 4BR, 2.5BA with 2 Master Bedrooms, both formals, huge family room, plenty of closets, 2" blinds throughout. Garage door opener, alarm system. A Must See! Please call Hazel Brooks, 479-4235.

805 House for Sale

Drastically Reduced, \$150,000. Quiet country retreat off Hwy. 378 toward Sumter. Traditional brick and vinyl home ready for updating. 2448 sq.ft., 3 Bedrooms, 2 1/2 Baths. Deck, huge family room with wood burning fireplace. Best of all, 3 acres. Call Kemp or June, CBU: 397-9142, 758-1616 or 758-1668.

For Sale Near Sandhills, in Summit Area, 1900 sq.ft., 2 story home. 4 Bedrooms, 2.5 Baths with attached 2 car garage. Large fenced yard with Koi Pond. Many Perks. Asking \$147,000. Please call (803)603-9699/9701 for appointment/offer.

FSBO: 3BR w/large MBR, wainscoting throughout, 1BA, eat-in kitchen, custom cabinets, 2 ovens, lots counter space, LR, Laundry, remote ceiling fans, carport, 2 storage sheds, workshop, front porch, side deck, 2 yr old heat/air gas pack, landscaped acre. \$115,000. 803-353-0507

FSBO: 3BR, 2BA, 1375 sq.ft. in quiet Elgin cul-de-sac. Open floor plan, .7 acres, 2 car semi-detached garage, deck, big fenced back yard, fireplace. 15 min. from Gate 2. 10 min. from Sandhills. \$135K. Must See! Low taxes. Alex, (254)289-7061.

Gorgeous Colorado Springs, CO home near Ft. Carson and Peterson AFB. 3BR, 3BA, 2082 sq.ft. \$195.5K. New paint, flooring and fixtures. Many upgrades! Call Randy, (719) 393-1400.

NE Columbia, Briarwood Subdivision: \$179,500. 4BR, 2.5BA, 2 car Garage, 2 story home, approx. 2800 sq.ft. All appliances stay. Landscaped front and backyard, completely fenced. Storage/shop in back. Call 803-788-1550.

NE Columbia, Lansdowne, off Rhame Road. Wonderful family home w/spacious living. Cathedral ceilings in kitchen and great room. 3BR/2BA, large FROG upstairs, garage, fenced-in backyard w/nice deck. Includes play set for kids. Enjoy community pool, tennis, basketball and park. Close to Sandhills shopping. \$159,000. Terri Irvin, Coldwell Banker United, 803-600-3511.

NE Columbia, Winchester Subdivision: Approx. 2400 sq.ft. 3BR/2.5BA, Large bonus room, dining room, family room, fenced-in backyard, hot tub, large back deck. 2 car Garage. Appliances/window dressings stay. Beautiful corner lot. Reduced to \$199,500. Assistance w/closing for military. Dave, 803-397-1700.

NEW HOME FOR SALE, SE COLUMBIA, HONEY TREE: 4 Bedrooms, 2.5 Baths, Double Car Garage, from \$99,999. Minutes from Fort Jackson Gate 5 and Downtown. Call Jody Styron at (803) 360-1558. Realty & Marketing Services.

New Homes in Oakhurst Subdivision, Blythewood: 2500-3500 sq. ft., 4-5 Bedrooms, 3/4 acre yard. \$250,000-\$350,000. Call Sally, 600-5295.

805 House for Sale

Rent-to-Own in Highlands in NE Beautiful 4BR, 2.5BA w/over 2300 sq.ft. Great curb appeal. Open Floor plan, ready to move in. We can help with Financing. Call Now 803-467-8631 or 803-546-4026 or 800-741-8631, x1104 free recorded message.

SE, near Ft. Jackson: 4BR, 2BA, Brick. LR, Den w/fireplace, lg. eat-in kitchen, Master suite, rear patio, huge fenced yard, carport. Newly remodeled inside/out. All Hardwood & ceramic. Lovely home, safe neighborhood. Rent-to-own, \$1050/mo. Purchase \$109,000. Price cut \$6000!. 803-261-5603

VA Hospital/Leesburg Rd. Area: Nice 4BR, 2BA, Cathedral ceilings with rented rental apartment. Get \$400 cash back each month to help pay \$87,000 mortgage. No Money Down, Free Closing. Free Furniture and Appliances. Call 803-695-5376.

www.10killiangreenct.com Great first time buyer home. NE Cola. \$135,900 & up to \$4000 closing cost. Colonial Realty, 803-479-2231 or 803-600-0788

www.46coachtrail.com Polo Road patio home. Upgrades galore include fantastic hardwoods! 92K. Colonial Realty, 803-479-2231 or 803-600-0788

www.readysetmove.info for all your real estate needs. Ask about 1st time buyer programs and an individualized consultation. Want to invest? Ask about an individualized investor consultation. Colonial Realty, 803-479-2231, 803-600-0788.

900 Autos for Sale

'03 Mercury Sable, 40K, very good condition, new tires. \$7300. Call 803-736-2648.

1986 Mazda RX7, red, sunroof, sport rims. Runs good, body in excellent condition. \$2000. Call 803-609-4953.

1987 Olds Cutlass 2 door w/350 Rocket Motor. Straight body and int. \$1600 OBO. 1973 GMC Spirit (El-Camino), good body, fair int., 350 auto. Needs trans. and paint. \$1300 OBO. Call 803-425-9001. All calls returned.

1989 Cadillac Eldorado, burgundy with white top. approximately 25,000 miles on new engine installed July, 2005. Dayton Chrome Rims, CD player. Very attractive car. \$1500. Call Jessie, 803-600-9319.

1993 Toyota Camry, 70,000 miles on engine, \$2200. Call 803-408-0732 or 803-699-1382.

1996 Lexus SC 300, 130,000 miles, black, Xnice, \$7500. Call Ron, 556-0633.

1997 Black 4 door Honda Accord. No engine work needed. One owner. \$3000 OBO. Call 803-238-6416

1997 Black Infinity Q45T, 160,000 miles. Few flaws, but good vehicle. New battery installed. Asking \$1000 OBO. If interested please call 699-6560.

900 Autos for Sale

1997 Porsche Boxster, garage kept, white with black top, 2.5L, 33K, 5 speed, sports package, 17" wheels, \$17,000. Call 803-361-0366.

2000 BMW 528i. black with tan leather, AM/FM Cassette, CD Changer, power windows, seats, mirrors, 105,000 miles. Great car, runs excellent, \$13,200 OBO. 803-788-5936.

2001 Lincoln Navigator, 96,000 miles, white with tan leather, Cassette, CD Changer, Video System, Sunroof. Great SUV, rides excellent, \$13,500 OBO. Call 803-788-5936.

2001 Nissan Altima Limited Edition, 114,700 miles, gold/tan cloth interior, CD, New Bridgestone Potenza tires, all power, excellent condition, \$6500 OBO. Call 803-788-5936.

2001 Town & Country X, dark blue family minivan, 100K miles, power door, rear AC, stereo system, roof rack, clean, \$4600 OBO. Call 803-422-6568.

2002 Chevy Tahoe Z-71: Clean, excellent condition, well-maintained, synthetic oil always used. Shift on the fly 4x4, Onstar, leather interior, rear heat/air, tow package, after market exhaust system. 140,000 highway miles. Must Sell. \$14,500 OBO. Call 803-309-4179.

2003 Mustang: Great condition, V6, silver, 35,000 miles. Book value \$11,350. Will sell for \$10,000 to buyer willing to let me drive her until the end of February. Call 790-1315 to leave message and make appointment to see.

2005 Volvo S60 R AWD, 4 door, sunroof/moonroof, 6 speed manual, Traction Control system, Active Chassis system, black sapphire metallic paint, Gobi beige soft leather power seats, rear window shade, 6 CD, surround sound. 18" Pegasus wheels. \$23,500. 803-719-2746 (eves).

2005 VW Jetta GLI, Limited Edition, 47,000 miles, 1.8 turbo, Recaro seats, Triptronic, 18" BBS wheels, Goodyear F1 tires. Excellent condition. \$15,000 OBO. Call 803-608-8323.

87 Chevy Blazer 4x4, commercial rebuilt 350 w/500 miles, new 750 Edlibrock carburetor w/high-rise manifold, Dual Flow Masters, new brakes, radiator, starter, water and power steering pumps, battery, alternator. New paint job. \$4700 OBO. Call (H) 788-2843 or (C) 405-314-3774.

90 NISSAN 300ZX, 5 speed coupe. T-Tops, black with black/gray interior, AC, custom exhaust. 184,000 miles. Great car. Asking \$6600 OBO. Call 803-730-6114

SPECIAL EDITION Chrysler 300M, 2004, black, automatic, fully loaded, Navigation System, sunroof, leather, 120,000 miles, like new. Must See. \$10,500. Call 360-7839 or 414-1361.

900 Autos for Sale

Steel blue 2000 Jeep Grand Cherokee Laredo, automatic, 2 wheel drive, one owner. Excellent maintenance, impeccable interior. 89K miles. \$6200 or best reasonable offer. 803-790-2776, 803-737-6191 or 803-261-8540.

900 Autos for Sale

2001 Dodge Grand Caravan EX, 77,800 miles, 7 passenger, Quad Seats, Power driver's seat, sliding door, rear hatch, AC, rear AC, AM/FM/Stereo/CD Player, Video System w/wireless headphones and remote. Roof rack, excellent condition. \$7900 Call 920-1552, leave message.

901 Trucks for Sale

2001 Chevy Silverado LS Z71 Ext. Cab, 5.3L, V8 automatic, 4WD, approx. 89,000 miles. AM/FM Radio with CD Player, AC, spray on bedliner, tilt wheel, ABS, cruise control, running boards, Power Windows/locks/seats. On POV Lot on Post. \$12,000. Call 803-240-7040.

2006 Ford F150 2WD, 20 mpg., keyless entry, 11K miles, reg. cab, long bed. AM/FM/CD Player, tilt wheel, bedliner. Like new inside and out. \$13,950. 606-309-3290.

2007 Toyota Tacoma, Access Cab, SR5 Prerunner V6, Brand New. Only 1400 miles. Bed liner, towing package, power windows and doors. Must Sell. \$18,500. Call 803-807-3369.

95 Nissan Shortbed Pickup with bedliner and ladder rack. 5 spd stick, non-assist steering, ice cold AC, AM/FM Cassette. 30 mpg average. Low miles (78,800). Well taken care of. Deploying, must sell soon. \$3000 OBO. Call Watson, 803-477-2847.

96 Chevy Silverado Z71, auto., like new inside and out. \$6350. Call Ron, 556-0633.

903 Motorcycles/Mopeds

1992 Honda CBR 600 F2 Super Sport. New tires, sprockets, chain and fork seals. Runs Great. \$2900. Call Jason, 315-402-9530.

2000 Triumph Thunderbird 900cc, gold and green, very clean, excellent condition. New tires, chain, sprockets and more. Comes with windshield, sissy bar and saddle bag mounts. Bought new bike. Can email pictures. \$3700. Call 803-447-2571.

2002 Harley-Davidson XL 1200C. Impact (electric) blue, SE slip-ons, SE Dyno-Jet Kit, SE High-Flow (K&N) Air Filter Kit. 1620 miles. Original owner. Clear title. Better than new. \$8500 OBO. (803) 462-6130.

Must Sell! 1996 Harley Davidson Electra Glide Classic (FLHTC). Installed new rings and top-end gaskets about 1K miles ago. Very dependable and looks great. Asking only \$9,975. Call Mike, 803-236-1878.

903 Motorcycles/Mopeds

2003 Harley Davidson Custom Sportster 100th Anniversary Edition. Dynaflow jet kit, Screaming Eagle 2 exhaust system, Highlander seat w/quick detachable sissy bar. Like new, still under factory warranty. 6300 miles. H-D synthetic oil always used. Must Sell. \$7500 OBO. 803-309-4179.

2007 Honda Rebel, 250cc, 500 miles, red, garage kept, never dropped, showroom condition. Great starter bike. KBB value \$2665. Will sacrifice for \$2500. Serious inquiries call 803-673-2401.

Regional Classifieds

Announcements

AIRLINES ARE HIRING - Training for high paying Aviation Maintenance Career. FAA approved program. Financial aid if qualified - Job placement assistance. Call Aviation Institute of Maintenance (888)-349-5387

ATTEND COLLEGE ONLINE from home. Medical, business, paralegal, computers, criminal justice. Job placement assistance. Financial aid and computer provided if qualified. Call 866-858-2121, www.OnlineTidewaterTech.com

CONTRACTORS SEMINARS, INC. Exam preparation to obtain SC state license. General, Residential & Mechanical Contractors, Certified Pool Operators, Grading, Paving, Sewer. Call 803-772-9596. www.sceexams.com

Seniors 62+: You've seen the TV ads on REVERSE MORTGAGES. Pay off your mortgage. INCOME SOURCE. No Payments EVER, TAX FREE. Free facts: 800-490-4287.

WHY WAIT?PIANO/KEYBOARD VIDEO LESSONS BY EAR! It's Easy! MOST Can Play In Church In 2-3 Months. Pastors call Penny (803)432-4637.

Auctions ANNOUNCE YOUR AUCTION IN 101 S.C. newspapers for only \$360. Your 25-word classified ad will reach more than 2.8 million readers. Call Jimmie Haynes at the S.C. Newspaper Network at 1-888-727-7377.

AUCTION SALE: Saturday, February 2, 2008 @ 10:00AM, 534 Wildwood Lane, Lugoff, SC 29078.

Restaurant Equipment and Supplies, Dishes, Tables, Chairs, Microwave, and 2 Door Beverage Cooler, Charcoal Grills. 50 or more framed pictures, Other Misc. Items. ALSO at 12:00 Noon we'll have a real estate sale. The property of 534 Wildwood Lane, 1.05 acres. Brick building is 2688 sq.ft., Metal building 3440 sq. ft. Both are heated and cooled. For showing and information please call L.W. Wooten @ 803-600-1861. License #3972 Items may be added or deleted. A catfish stew will be available after sale.

Auctions

ESTATE AUCTION (M Faile) Loader-backhoe, tractors, plows, mobile home, woodworking equipment, welders, lathe, air compressor, tools, appliances, construction supplies. Rock Hill, SC, Jan. 26 @ 10am SCAL#3590 www.JoeBurns.com 1-800-569-1953 Ext. 5

Boats

2 BOATS FOR SALE: Ski Boat w/trailer, 19' 2002 Bayliner, 4.3 L Chevy V6 Merc. Cruiser Out drive. Very low hours. Like new, Garage kept. \$9,500. 1996 Pontoon Boat w/trailer, 24' Starcraft, 70 HP force, live well, depth finder, pop-up bathroom, new upholstered seats. \$5,500. For more information or pictures: www.myspace.com/boatsforsale 803-360-1524

Business Opportunity ALL CASH CANDY ROUTE. DO you earn \$800 in a day? Your own local candy route. Includes 30 Machines and Candy. All for \$9,995. 1-888-771-3501. S.S. REG#664. Employment

Mechanic, Technician II -- Mechanic III S.C. DEPT. OF EDUCATION Lee Bus Shop

Under general supervision performs skilled mechanical duties in the servicing, repair and maintenance of school buses and shop vehicles. Must lift 50 pounds, move 125 pounds and operate power/hydraulic/electronic equipment. **Two (2) years of mechanical experience in automotive or related experience. Must possess or acquire the required CDL. Must pass drug screening.** Beginning salary \$28,700.00. Uniforms and required tools provided. All applicants must complete a State employment application. Closing date - January 28, 2008. **EO/AAE**

Apply at: Lee School Bus Shop 444 Wisacky Hwy. Bishopville, SC 29010 (803)484-5811

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Attn: CDL-A Drivers **Smith Transport** Home Time Great Pay & Benefits Call Us 7 Days/Week (866)451-2870 www.smithdrivers.com

IRS JOBS \$18.46-\$32.60/hr. now hiring. Paid training provided. For application and free government job information call American Assoc. of Labor 1-913-599-8244, 24 hrs. emp. serv.

Light industrial needs. NE Columbia. Must have clean background. Prdestaff 803-782-0082.

50¢/LOADED MILE STARTING pay! \$1000 sign-on to qualified OTR FB drivers! 800-845-4932 ext. 231. www.bulldoghiway.com

ATTENTION: OTR DRIVERS Up to \$3,000 sign-on. Choice of fleets. Affordable benefits. 5% more paid miles. Roehl the take home more, be home more carrier. Students welcome. Class A required. Free CDL training for qualified military vets. 888-867-6345. GoRoehl.com

Employment

Baptist Church in need of Minister of Music. 438-5071.

Blake & Ford needs part-time inside sales clerk. Apply at 1113 Broad St. No Phone Calls, Please.

BUNCH TRANSPORT HIRING New Drivers for a New Year! Good Miles, Pay & Home Time! 2 yrs. Exp., Class A CDL. Call 800-255-4807 X 1961.

Caregivers

Do you love the elderly? We are seeking compassionate people and CNA's to help seniors at home. Richland and Kershaw counties, and Cola areas. PT, days & wknd. shifts w/flex scheduling available. Exp. Preferred. Call RetireEASE (803)865-5033 or Local 408-1500.

DON'T LOSE YOUR ACTIVE DUTY CREDIT. Get a retirement with the Army National Guard. Call 1-800-GO-GUARD.

DRIVER - BYNUM TRANSPORT - Qualified drivers needed for Regional & OTR positions. Food grade tanker, no hazmat or pumps, great benefits, competitive pay, new equipment. 866-GO-BYNUM. Need 2 years experience.

DRIVER - HOME WEEKENDS! Co. drivers up to .42 cpm O/O, .90 cpm + FSC, 1 year T/T experience, good MVR required. Epes Transport. 1-888-561-9754. www.epestransport.com

DRIVER GUARANTEED HOMETIME, Company or Lease Purchase available, BC/BS, CDL-A and 3 months Experience Required. 800-441-4271 Ext. SC-100.

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No CDL? No Problem! Earn up to \$900/wk. **Home weekends w/TMC** Company endorsed CDL Training **1-888-263-7364**

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Fortune Academy Real Estate Pre-Licensing classes are available at Central Carolina Technical College. Call 774-3338 for more information.

Full-time 40 hrs/wk Bookkeeper, CSR needed. Must have experience. Please send resume to: Blind Box 02309, c/o Camden Media Company, P.O. Box 1137, 909 W. DeKalb Street, Camden, S.C. 29020

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HEAVY EQUIPMENT OPERATOR! hiring qualified high school diploma graduates, ages 17-34 for heavy equipment operation and maintenance. We train with pay and benefits. Call 800-662-7231 for local interview.

Need part-time housekeeper. Apply in person 9am-3pm, Mon-Fri at Econolodge, 529 Hwy. 601, Lugoff. No phone calls.

Employment

I am a 41 yr. old single mother seeking employment to sit w/elderly female during the day. Lots of love and patience to give. Excellent references. Call Tonya Hamilton 425-0038.

Local insurance agency looking for full-time receptionist. Fast paced and fast growing environment. Benefits package includes employer paid health insurance, 401K, vacation & other benefits. Potential for advancement. Please send resume with references to Blind Box 02310, c/o Camden Media Company, P.O. Box 1137, 909 W. DeKalb Street, Camden, S.C. 29020.

Need Extra Cash? Busy Schedules? Sell AVON while you do what you do! Traditional and online sales. Call Sherrill Springs, 803-425-6089. sbsprings@bellsouth.net

Now Hiring for carpenters, painters, carpet, vinyl & hardwood floor layers, cabinet builders & knowledge of remodel work. Call David Ross at 600-0470.

O/OPS & COMPANY DRIVERS. Great pay/fuel surcharge daily/weekly home time. Respectful family atmosphere. Southeast regional runs. Clean Class A CDL, 1 yr. exp. comtraklogistics.com 1-866-730-8725.

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WE NEED DRIVERS!! Immediate openings. OTR drivers, minimum 1 yr. OTR experience. Late model conventional tractors/48' flatbed trailers. Top pay, insurance. Home most weekends. Senn Freight 1-800-477-0792.

Horses & Supplies **HAY** Coastal Bermuda - \$6.00 Per Bale. McBee area. 843-335-8414 or (843)672-4117. **Livestock/Farm Supplies** Coastal Bermuda Hay for sale. Large quantities available for pickup. Lugoff area. Large orders delivered. Call for details. 803-513-2532 or 803-600-7300 **MUST SELL!**

Lost & Found

Lost in the Elgin Area. Taz, a brown lab mix and Kit a black and white border collie. Last seen Christmas Eve. Both are spayed and wearing collars. Please call 803-609-6985 or 803-428-2301. Merchandise

BED MATTRESS SETS

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38 inch Power Pro Riding Mower. In good condition. Runs great. \$300. Call (803)669-0026.

6 ft. Haverty leather sofa. Deep auburn leather with brass nailhead trim and wood feet. \$300. Call (803)669-0026.

7 ft. Lt. Blue Sofa. Excellent condition, 2 cushions. \$400. Call 803-408-2490 leave message.

Computer w/small desk & printer \$75. 2 nice entertainment centers \$100 each. **Want to Buy:** Upright Frost Free Freezer. 432-5738.

Firewood For Sale. Half or full truckload. Pick-up or delivered. Call (803)424-5293 anytime.

FOR SALE: Mans 7 diamond ring. Total of 3 3/4 karats. Perfect cut diamonds. Call 803-600-8646.

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Will deliver \$70. (H) 432-5284, (C) 427-2416.

SAWMILLS FROM ONLY \$2,990.00 - - Convert your logs to valuable lumber with your own Norwood portable band sawmill. Log skidders also available. www.norwoodsawmills.com/300 N Free information: 1-800-578-1363, Ext. 300-N

WE BUY FOR CASH: Gold, Jewelry, Coins, Guitars. Camden Pawn Downtown 803-425-5727. Mobile Home CASSATT AREA: 2BR, 2BA Singlewide on 1 acre. Owner financing available with \$1,000 down. Call Henry Beard 432-2451.

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Why Rent When You Can Own? Guaranteed Financing. We own the bank! Call Hermitage Farms 803-432-7221

hermitagefarms@mhcomm.com Motorcycles 2001 Honda Rebel 250 with windshield & helmet. \$1800. 427-1565 leave message if no answer. **FOR SALE:** 2005 Suzuki Boulevard C-50. Black & chrome with windshield, saddle bags, sissy bar and tank cover. 13,000 miles. \$4,650. Call 669-1973 or 425-4927 after 8pm.

Pets & Supplies 2 male, 2 female Shih Tzu puppies, 6 weeks old. Call 669-1611.

FREE Siamese Cat to good home. Male, neutered. Good disposition. Owner moving. 425-1091 leave message.

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Real Estate

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9 acres of established coastal pastures fenced for horses. The remaining land in pines. 36x48 Hoover shop/barn combo. Extra equipment sheds and outbuildings. Includes 24x56 doublewide to be sold as is. \$219,000. Call Chuck at 803-424-0379 and leave message.

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CAMDEN/BETHUNE.

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House For Rent. Large rooms, private yard, city of Camden. \$495/mo.; \$495 deposit. 432-0731.

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Rentals

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